

Embracing Change: The Beauty of New Beginnings

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



Liz Lange, Recreation Manager, collaborates with fellow Parks & Recreation staff as they brainstorm and plan for the department's evolving future.

Change is a constant companion throughout life, whether we welcome it with open arms or feel hesitant to accept its presence. With each season, we are reminded that transformation is inevitable—leaves fall, snow blankets the ground, and then the warmth of spring brings new life. Much like the shifting seasons, we, too, experience change in various forms: new friendships, unexpected opportunities, or the bittersweet closing of familiar chapters.

Though change often comes with a sense of uncertainty, it is also a gentle nudge toward growth. It invites us to stretch beyond our comfort zones, discover new passions, and find joy in places we hadn't yet explored. It may mean stepping away from routines or traditions we've long cherished, but it also makes room for fresh experiences and possibilities.

As we age, we gain a profound wisdom about the ebb and flow of life. We learn that endings are not just farewells but gateways to new beginnings. The moments we hold dear—the laughter shared over coffee, the dances that lifted our spirits, or the stories exchanged with a friend—remain with us, enriching our lives. The beauty of memories is that they are never bound to a time or place; they travel with us, becoming part of who we are.

Let us welcome this ever-evolving journey with hope and curiosity. May we continue to seek out new adventures, embrace new interests, and form new connections. Whether it's taking that art class you've been curious about, joining a walking group, or simply savoring a quiet moment with a book, let us be open to the new chapters ahead.

The path forward is unwritten, and that is part of its beauty. Though we may not always know what comes next, we can trust that we carry the experiences, friendships, and memories we've made with us. And with each step forward, there is the promise of something new—something worth embracing.

Walking and Dementia

By Robin Bush | ISR Communications

Alicia and her husband, Marcial, have been walking nearly every morning for over a decade. Last summer, Alicia noticed Marcial was beginning to shuffle a bit as he walked, and the spring in his step was gone. He was originally a New Yorker and had always walked what she called "commuter pace," a speed walk that was focused on reaching his destination as fast as possible. Now he was walking slower than her, something that had never been true in their 42 years of marriage. It was subtle, but she wondered, should they ask their doctor why? Could it be more than just the result of passing years? She called and was told yes, he should be medically evaluated, including evaluation for possible early dementia. A person can have difficulty walking for a variety of reasons unrelated to cognitive issues, such as pain and exhaustion, so medical evaluation is essential. In the appointment, however, Marcial was told he was exhibiting signs of early dementia. Due to Alicia noticing the change in his gait, they received this vital early diagnosis. One step in walking became one step toward early treatment and support in planning for the years ahead.



What does it mean to be evaluated for dementia? Usually, evaluation for dementia is done with a brief cognitive test, but gait is a relatively new tool used to evaluate cognitive functioning and can lead to more accurate early diagnosis. Gait is the pattern of how you walk and may identify specific forms of dementia. In 2022, a study of 17,000 individuals in Australia and the US was released that revealed walking at a slower pace is linked to an increased risk of dementia. These individuals had been given a gait measurement test every two years for seven years. Those with a decline in gait had an increased risk of dementia, and 178 participants developed dementia over the study period.


People with Alzheimer's disease or Lewy body dementia have unique walking patterns, researchers say. "The way we walk can reflect changes in thinking and memory that highlight problems in our brain, such as dementia," says Dr. Riona McArdle, Post-Doctoral Researcher at Newcastle University's Faculty of Medical Sciences. Analysis of walking patterns is a key development in accurate diagnosis.

So, if you or someone you know begins walking unsteadily, shuffling, taking shortened steps, walking stooped, or having difficulty turning or maintaining balance when turning, it is time to get evaluated.

One important aspect of walking we should all know: walking every day may diminish the likelihood of developing dementia. "Compared with people who didn't walk much at all, people who walked about 9,800 steps per day (about five miles) were 51% less likely to develop dementia. People who walked just 3,800 steps per day (about two miles) were about 25% less likely to develop dementia," says Harvard Health.

DID YOU KNOW?

Regular physical activity can help maintain independence and reduce the risk of falls as you age.



Staying active doesn't have to mean intense exercise—walking, gardening, or joining a local dance class can keep you moving and connected. Check out the activity guide on **page 2** for ways to stay active and engaged!



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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
6:30 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
12 Ping Pong
5:30 Mah Jongg

THURSDAY

8:45 Yoga
9 Billiards
10 Walking Club
(Windjammer Pavillion)
10 Wii Bowling
10 Wire Wrap
11 Mexican Train
1 Canasta
1 History Class: The
Middle Ages in Europe
1 Backgammon
3 Active Chair Yoga

FRIDAY

8:45 EnhanceFitness
9 Billiards
9 Quilting & Textiles
10 EnhanceFitness
Low Impact
10:30 85 & Better Club
11:45 Lunch (ISR)
12 Pinochle
1 Line Dance
7 Social Dance (2nd
Friday)

CLASSES and EVENTS

at City of Oak Harbor Parks & Recreation

CLASSES & PROGRAMS:

Educational Series Presented by

Hospice of the Northwest

No registration required. Free, everyone welcome.

Advance Care Planning

Wednesday, May 14 | 2 PM

Explore essential end-of-life paperwork, including advance directives and portable orders for life-sustaining treatment, in this informative session.

Aging in Place

Wednesday, May 28 | 2 PM

Learn about key considerations for preparing for your later years, including home modifications to reduce fall risks. Discover how to maintain your independence within the comfort of your own home and community.

Hospice 101

Wednesday, June 11 | 2 PM

Join us for an introduction to hospice services. We'll debunk common myths, demystify the nature of these services, clarify payment methods, and discuss the qualifications for enrollment. This informative session is your gateway to understanding the world of hospice care.

History Class: The Middle Ages in Europe

Thursday, April 10 | 1-3 PM

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

This 10-week course will cover the major turning points in Western history from the fall of Rome to the Black Death.

Tech Drop-In

Tuesday | 11 am -12 PM

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

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

85 & Better Club

Friday | 10:30 -11:30 AM

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

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

Dance Lessons

Mondays | 6:30-8 PM

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

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

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.

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.

Free Fitness Classes

The Center is a Silver & Fit, Renew Active and OnePass facility, which means if you qualify for these programs through your insurance provider you can participate in Tai Chi, Yoga, and EnhanceFitness at no cost. Please check with a staff member to verify your eligibility.

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.

Mindful Movement for Vitality & Balance

Tues & Thurs | 10 - 11 am

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

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

This class incorporates Tai Chi & Qigong forms and flows to help improve the health of the body and mind. The goal of this class is to improves flexibility, balance, strength, and mental focus.

Walking Club

Tues & Thurs | 10 - 11AM

Free, everyone welcome

The Walking Club meets at the Windjammer Pavillion on Tuesdays and Thursdays.

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

Thursdays: A more brisk walk, typically walking around 2-3 miles with an 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.

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.

TRIP REGISTRATION BEGINS APRIL 7TH

[SAM & MOHAI \(1\)](#)

Thursday, May 1 | 8:30 AM - 6:30 PM

\$115 month for members, \$140 month for all others

Pick-up Location: 200 S. Oak Harbor St

Explore essential end-of-life paperwork, including advance directives and portable orders for life-sustaining treatment, in this informative session.

[NEWSIES THE BROADWAY MUSICAL \(1\)](#)

Sunday, May 4 | 10:30 AM - 5:30 PM

\$95 month for members, \$115 month for all others

Pick-up Location: 200 S. Oak Harbor St

Experience the high-energy, Tony Award-winning musical Newsies at McIntyre Hall in Mount Vernon! This inspiring production, filled with powerful storytelling, dynamic choreography, and unforgettable songs, brings the true story of the 1899 newsboys' strike to life. We will stop for a no-host lunch prior to the 2 pm show.

[MYSTERY LUNCHES \(1\)](#)

Wednesday, May 21 | 11 AM - 3 PM

\$35 month for members, \$42 month for all othersPick-up

Location: 200 S. Oak Harbor St

Be prepared for a delightful surprise as we head to an undisclosed restaurant for a unique no-host dining experience. Embrace the intrigue and savor the anticipation of discovering a hidden culinary gem. Please note: Lunch is not included in the price.

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

**WILLOWBROOK MANOR
ENGLISH TEA HOUSE**

Friday, May 23 | 2 PM - 6 PM
\$130 month for members, \$160 month for all others

Pick-up Location: 200 S. Oak Harbor St
Enjoy a charming afternoon at Willowbrook Manor Tea House, where you'll savor a pot of freshly brewed tea paired with a delightful spread of tea sandwiches, sweet cream scones, home-baked sweets, and a fresh salad—all prepared in their onsite bakery and deli. After tea, take time to wander through the serene and beautifully maintained gardens. The cost includes transportation, admission to Willowbrook Manor, a pot of tea, and all the delicious bites.

CAPE FLATTERY (3)

Tuesday, June 3 | 7:45 AM - 9:30 PM
\$170 month for members, \$200 month for all others

Pick-up Location: 200 S. Oak Harbor St
Journey to Cape Flattery, the northwest-ernmost point in the continental U.S., where dramatic cliffs, rugged coastline, and breathtaking ocean views await! A short, scenic hike leads to stunning overlooks of the Pacific Ocean, Tatoosh Island, and sea caves below. Cost includes transportation and boxed lunch. We will stop for a no-host dinner in Port Townsend before returning home. **Please note this trip includes a 1.5 mile roundtrip hike that is considered easy, there are no views from the parking lot.**

SPACE NEEDLE & CHIHULY GLASS (1)

Thursday, June 5 | 8:30 AM - 6 PM
\$170 month for members, \$200 month for all others



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Tickets can be purchased at The Center,
online oakharbor.gov,
or by calling 360-279-4580.

A Perfect Way To Celebrate Mother's Day!



Pick-up Location: 200 S. Oak Harbor St
Spend the day visiting two of Seattle's most iconic attractions! We will visit the Space Needle where you can take in 360-degree views then we'll explore the Chihuly Garden and Glass, an awe-inspiring exhibit showcasing the vibrant and intricate glass art of Dale Chihuly. Between experiences, we will break for a no-host lunch. Cost includes transportation and admission into the venues.

ALKI POINT LIGHTHOUSE (3)

Sunday, June 8 | 8 AM - 6 PM
\$100 month for members, \$120 month for all others

Pick-up Location: 200 S. Oak Harbor St
This fun-filled day will include a tour of Alki Point Lighthouse, one of Seattle's historic maritime treasures, sight seeing, and a no-host lunch at Cactus. **Please note that there is no wheelchair access and narrow, uneven concrete pathways. If you choose to go to the very top of the lighthouse, the final metal spiral ships ladder is steep and requires two hands to climb.**

**SAVOR THE SUMMER:
DINNER SERIES**

Tuesday, June 10 | 5:30 pm - 8 PM (Café Akroteri)
\$50 month for members, \$60 month for all others

Pick-up Location: 200 S. Oak Harbor St
A delicious trio of dining adventures for older adults, featuring great food, great company, and summer evening fun! Please note dinner is no-host, cost only includes transportation.

Get \$20 off your total when you register for all three dinner outings in one trans-action!

2025 Pie Taste Off – The people have voted and the winner is....



Last month, we celebrated Pi Day (3.14) in the most delicious way possible—our annual Pie Taste-Off! A huge thank you to the 100 enthusiastic participants who joined us for this mouthwatering event. Your eager tasting and thoughtful voting made it a sweet success.

This year's competition was as close as ever, with a fantastic lineup of pies from local bakeries: Chris' Bakery's beautiful marionberry, Schuh Farms' famous bumbleberry, Whidbey Pies PNW loganberry, and Haggen Bakery's classic peach pie.

After much tasting and tallying, Whidbey Pies' loganberry was crowned the champion—for the third consecutive year! Despite being prohibited from entering their renowned marionberry (based on last year's taster feedback to avoid duplicate flavors), they still claimed the top spot. A true testament to their exceptional pie-making skills. What's their secret?!

Thank you again to everyone who participated and to the talented local bakeries who made this event possible. We can't wait to see (and taste!) what next year's competition will bring!




Volunteers Harriet (left) & Cindy (right) prepping the pie boxes!



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APRIL

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| WEEK 1 | | |
|--------|----|-------------------------------|
| Wed | 2 | Beef Enchilada Bake |
| Fri | 4 | Chop Chop Salad |
| WEEK 2 | | |
| Mon | 7 | Roasted Pork Tenderloin |
| Wed | 9 | Penne Bolognese w/Beef & Pork |
| Fri | 11 | Tuna Salad Sandwich w/fixins |
| WEEK 3 | | |
| Mon | 14 | Biscuits and Sausage Gravy |
| Wed | 16 | Chicken Tikka Masala |
| Fri | 18 | Beef Yakisoba Salad |
| WEEK 4 | | |
| Mon | 21 | Beef Ravioli w/Marinara |
| Wed | 23 | Keilbasa w/Piergoi |
| Fri | 25 | Chicken Caesar Wrap |
| WEEK 5 | | |
| Mon | 28 | Chick Pea and Lentil Curry |
| Wed | 30 | Pepperoni Pizza & Salad |



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Regrets As We Age

By Charles LaFond | Senior Director, Development and Donor Communications



Humans have regrets in the same way humans have physical wounds.

When I look over my body in a full-length mirror, naked, in bright lights (which, at my age, takes courage), I see the marks of a life enthusiastically lived. The scar on my hand from the cut when I was nine. The scar on my abdomen from appendicitis at eleven. The scars on my feet where I once had toes just weeks ago.

And then there are our inner scars. There are wounds left by an absentee parent, a boundaryless parent, a close friend's betrayal, a marriage dissolved, a partner's death, a narcissist's manipulations, or a profound disappointment. We all have these scars – it's a price we pay to exist with enthusiasm.

As we age, the wounds mount up. And so, too, do the regrets.

Though I have many regrets, I love them. I love and celebrate them. They are badges of honor not unlike the splash of colorful medals on an aging veteran's uniform. Each medal they wear marks courage, daring, and honor. They often fought and were wounded so that I would be free today.

Our regrets reveal what we value. When I regret an unkind word, I show value for kindness. When I regret interrupting a friend, I show value for respectful conversation. And when I regret a lie, big or small, I show value for honesty.

Humans have evolved over centuries as beings that rely on community. We navigate each other and have set up rules to help in conflict. But we also apologize for maintaining connection, when possible, because the connection was, for 250,000 years, the only way to survive and thrive. As we age, the things that ache – internal and external - mount up when it rains.

Every time I offer or ask for forgiveness, a regret gets its wings and flies away, so the bag of defensive armor and swords I drag around with me lightens.

What do we do with regrets? In my experience, we tell others about them so that two of us carry it, and my load lightens a bit. And secondly, we treat ourselves with compassion rather than contempt for having made or sustained whatever caused the internal scar. I speak to myself as if I were my kindest friend – a friend who would show me compassion rather than contempt. Then I get up, brush myself off, and return to the adventure of aging – of living.



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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.

SNO-ISLE LIBRARIES

Spring is in the air, bringing longer days, blooming flowers, and the perfect opportunity to embrace the great outdoors. At Sno-Isle Libraries, we are here to help you make the most of the season. Whether you are looking to refresh your garden, identify the birds visiting your backyard, or connect with nature, we have books, events, and online resources to guide you.

Gardening and Horticulture

Smithsonian Horticulturalist Matthew Fleming will expose the secret world of trees, as revealed in the beautiful guide to the giants of the plant world, "The Tree Book: The Stories, Science, and History of Trees." Register for this online Author Talk on Tuesday, April 8 at 11 a.m.

Celebrate Earth Day at the Camano Island Library with their annual Seed Swap. Bring your seeds to share and be ready to take some home on Saturday, April 19, 10 a.m. to 1 p.m.

Your online library can help you cultivate your green thumb with resources tailored for every level of gardener. Explore free online gardening articles, books, and journals with "GreenFILE" and "Gale OneFile: Gardening and Horticulture" which can be found on our science and nature resources web page (sno-isle.org/resources/science-nature).

Birding

Did you know you can find 13 different species of woodpeckers in Washington? Learn more from master birder Connie Sidles on Tuesday, April 22, at 2 p.m. at the Freeland Library for her presentation "The Woodpeckers of Washington."

Discover the world of birds through comprehensive life histories for all bird species and families. Use your library card to explore articles, photographs, and audio recordings through the online resource "Birds of the World" (sno-isle.org/resource/birds-of-the-world).

Embracing the Great Outdoors

Connecting with nature has been shown to boost well-being, and our Whidbey Island libraries offer enriching programs for exploring the outdoors.

Join the Oak Harbor Library Book Group to share your love of reading and discuss "Braving the Wilderness" by Brené Brown on Thursday, April 24 at 11:30 a.m. at the Oak Harbor Library.

Author and artist Susan Zwinger will inspire you to increase your attentiveness and your ability to capture beauty in nature with a simple Japanese line drawing method. Sign up for Illustrating Nature in Journals on Friday, May 2 at 10 a.m. at the Freeland Library.

Discover the basics of fly fishing, the gear required, and locations to pursue this sport on Whidbey Island and around Puget Sound. Join the Whidbey Island Fly Fishing Club for Whidbey Wonders: Fly Fishing Around Whidbey and Western Washington on Thursday, May 15 at 4 p.m. at the Oak Harbor Library.

Visit Sno-Isle Libraries

No matter how you like to celebrate spring, your local Sno-Isle library has something for you! Stop by in person or visit us online at sno-isle.org. Happy spring!



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



Coupeville
SENIOR HUB
Lunch & Learn

AFTER LUNCH PROGRAMS • APRIL- MAY
Wednesdays 12:30 – 1:30 • Coupeville UMC Fellowship Hall

April 2 - Coupeville Ukeleles
Hear the wonderful Coupeville Ukles play their amazing ukeleles.

April 9 - Whidbey Health Fall Prevention
Robert May will discuss fall prevention and how to recognize fall hazards.

April 16 - Computer Fraud and Safety
Coupeville Marshal Bo Miller will talk about safety and how to protect yourself from fraud.

April 23 - Rain Shadow Nursery
Coupeville's local nursery will talk about spring gardening.

April 30 - Saratoga Orchestra
Saratoga Orchestra will fill the room with beautiful music.

May 7 - Safety and Spotting Scammers
Fred Rocha will discuss how to keep your electronic devices safe from scammers.

May 14 - WSU Backyard Chickens
Heather Teegarden from Washington State University will discuss how to care for backyard chickens.

May 21 - Ryan's House
Come and learn about all the programs Ryan's House provides to support our homeless youth and young adults.

May 28 - Saratoga Orchestra
Saratoga Orchestra will fill the room with beautiful music.

LUNCH
11:45 AM – 12:30 PM

\$10 Suggested Donation

April 2
Beef
Enchilada Bake

April 9
Penne Bolognese w/Beef & Pork

April 16
Chicken Tikka Masala

April 23
Keilbasa w/Pierogi

April 30
Pepperoni Pizza & Salad

May 7
Roasted Turkey

May 14
Chicken Parmesan

May 21
Chicken Curry w/Vegetables

May 28
Beef Stew w/ Vegetables

SPONSORS



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

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

Island Senior Resources Fitness Volunteer Spotlight: Pat Nagata Tchang

By Sharon Heiber

Island Senior Resources (ISR) offers free fitness classes that help seniors increase strength and flexibility, prevent falls, and make new friends. Volunteer Pat Nagata Tchang, who teaches classes at ISR Bayview in Langley and St. Stephen's Episcopal Church in Oak Harbor, talks about her classes and her passion for senior fitness in this interview.

How did you get interested in teaching senior fitness classes?

I've always enjoyed physical exercise, including doing Taekwondo, kickboxing, and Zumba.

I was inspired to work with seniors after seeing my mother struggle with a rare debilitating neurological disorder. She couldn't stand, but she could move her arms and legs. Trying to find activities for her made me realize how few opportunities there are for people with limited mobility to exercise.

In 2015, I started teaching fitness classes—Zumba, Zumba Gold, and senior fitness—for people of varying abilities in assisted living facilities, senior centers, and other organizations where we lived in California. At one point, I was teaching nine classes each week! When I moved to Whidbey Island last year, volunteering at ISR seemed like a perfect fit.

Island Senior Resources holds three group fitness classes per week, online and in-person. Why is it important for older adults to exercise—and to do it together?

Exercising and socializing help to combat the natural aging process. As people get older, they tend to sit more and move less. They're afraid of falling, can become isolated, and may begin to feel vulnerable. People think they are physically diminishing and cannot do anything about it. I saw that happen with my own parents.

In my classes, I encourage seniors to believe I'm not as young as I used to be, but I'm still able to get out and move! I try to create a sense of community. We introduce ourselves. We chit-chat a bit between exercising. We often laugh. Sometimes people go out to lunch after class.

Can you describe the format of your "Let's Move Together" class?

In "Let's Move Together," we do a variety of exercises that build balance, strength, stamina, and flexibility. People can exercise while standing or sitting. I mix it up by using a variety of equipment—soft rubber balls, TheraBands, and ribbons that bring out a child-like exuberance in people.

Every class has a theme and a music playlist that supports that theme. I invite people to identify the playlist theme. The theme could be springtime or weddings or just about anything! The point is to engage people mentally and physically—to have fun, enjoy the music, and hopefully forget that they are exercising!

What other classes are you teaching at ISR?

This spring, I'll be working on getting certified to teach S.A.I.L.—Staying Active and Independent for Life classes. It's an evidence-based exercise program that studies show decreases falls by improving strength, balance, and fitness. ISR offers SAIL classes in Langley, Freeland, and online, and is planning to expand the offerings.

You've been teaching senior fitness classes for 10 years. What keeps you doing it?

It's gratifying and humbling when people tell me that exercising has changed their lives.

That change doesn't have to be dramatic. It can be as simple as someone telling me that they were at their storage unit and stumbled but didn't fall. Or that they recovered quickly from a broken wrist because the class had made them stronger.

What keeps me teaching senior fitness is connecting with people and seeing people as old as 90 keep coming back—and maybe even bring a friend.

FOCUSING on our PRIORITIES

WHIDBEY GARDENING WORKSHOP

Registration begins
JANUARY 31
Early Bird Rates
January 31 to February 7

Keynote Speakers
Kelly Dodson & Sue Milliken
Far Reaches Farm

MARCH 15, 2025

Make-n-Take Activities Marketplace Gardening Classes

PRESENTED BY
ISLAND COUNTY MASTER GARDENER FOUNDATION

IN AFFILIATION WITH
ISLAND COUNTY

1 WILDCAT WAY
OAK HARBOR HIGH SCHOOL

WhidbeyGardening.org

QR CODE

Instagram Facebook



Join us for a meal

ISR provided over 100,000 meals in Island County in 2024 through Meals on Wheels and Community Meals

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

Camano Center
606 Arrowhead Rd. Camano Island

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

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

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

Coupeville United Methodist Church
608 N. Main St. Coupeville

Camano Center
606 Arrowhead Rd, Camano Island

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

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

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

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

ISR CONNECTS

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!



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

