

Island Times

Look for Island Times the LAST Thursday of each month
SEPT. 2021

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

Volume 5 • Issue 5



Keeping hydrated after line dancing at The Center

Chin up!

By Robin Bush
Island Senior Resources Community Education Director

"No matter what happens, keep your chin up," my grandfather used to say. Over the years, it has proven to be good advice: a cheerful outlook made the tough times easier even when things were difficult. Focusing on what's good rather than what's bad affects our whole perspective and helps us make good decisions about what to do next.

"The origin of the expression 'keep your chin up' is late 19th to early 20th century America. The first printed reference comes from an October 1900 edition of the Pennsylvania newspaper, The Evening Democrat: "Keep your chin up. Don't take your troubles to bed with you - hang them on a chair with your trousers or drop them in a glass of water with your teeth." 1

"Detours in life may lead to discovering places we never knew we loved. Embrace detours" - Anna Pereira

When things change, we each have the opportunity to keep our chins up and find the silver lining. COVID has revealed

many positives throughout a time of great challenge.

At Island Senior Resources, when our support groups could no longer meet in person, we shifted to online Zoom support groups and have found they are better in many ways:

Those who have difficulty getting to a group have been able to join in from home, which has been particularly helpful for those who have mobility challenges.

People who live out of the county, out of state, or even out of the country could still attend and maintain connections.

In-person meetings mean seeing people across the room, and the nuances of facial expressions are often hard to see. On Zoom, participants see the faces of everyone in the group up close, which allows for an easier understanding of people's emotions, and brings people closer.

CHIN UP continued on page 3

Hydration, Not Just For The Hot Summer Days

As we age, several physiological changes can put us at a higher risk of dehydration, such as increased fluid loss, reduced body water content, and a decrease in fluid consumption. As we head into fall and cooler weather, keeping hydrated needs to be something we continue to remember and do. Below is an article addressing hydration from our community partners at Chinn GYN.

By Morghan Milagrosa, ARNP, WHNP-BC, CNM, IBCLC, NCM, MSN

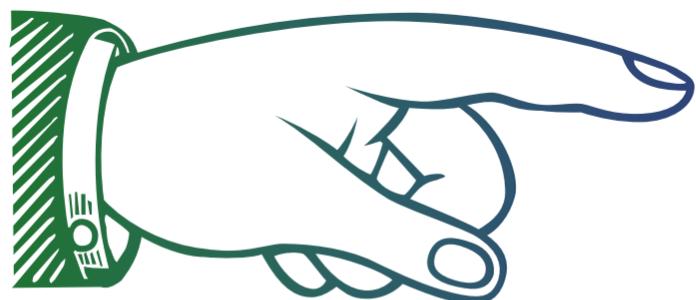
I am seeing more and more patients in the clinic who are gleefully sharing with me that they have adopted the regular consumption of Liquid I.V. as a health-promotion habit. I cringe every time I see someone who has determined s/he is more hydrated as a result of this new, costly habit. Liquid I.V., for one thing, is filled with sugar. Sugar does not hydrate us. Rather, sugar robs us of our fluids as our bodies try to clear (or store) the excess. We consume enough sugar (or molecules that act like sugar) in our Western diet to keep our cells happily stuffed full of glucose, which means adding more sugar to the mix just results in our bodies having to try to figure out what to do with the added sugar. There are two options: store it for later use or excrete the excess. The excretion process requires the sugar be processed by our kidneys and liver, which rely on water to evacuate toxins. Our urine is the primary solvent for the excess sugar, and we have to lose water to lose that extra sugar. Therefore, that Liquid I.V. habit isn't just NOT helping you, it is likely actively harming you. Just drink water instead. Yes, just water. Still, sparkling, whatever. Plain water is fine. Unless you are mineral-starved because you are not getting enough of the -ums (calcium, magnesium, selenium, sodium, potassium) in your diet. In that case, reach for the Evian, Gerolsteiner, or Topo Chico and get some electrolytic assistance with your

HYDRATION continued on page 8



DID YOU KNOW?

Feelings of loneliness impacts physical and mental health. Loneliness leads to isolation. Isolation increases the risk of mortality.



Learn how you can help seniors in need during the holiday season.

see page 7 for more information

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Time Together @ Home
Medicaid In-Home Care/
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Medical Transportation/
Volunteer Services
SHIBA

Senior Thrift
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or 360-678-3373

Oak Harbor Aging &
Disability Resources
360-675-0311

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

OUR LOCATIONS

Our physical locations are currently closed but we are here to assist you by phone or email.

For more information call:
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FROM THE EXECUTIVE DIRECTOR

Enjoy the Last Month of Summer

By Cheryn Weiser, Executive Director, Island Senior Resources

COVID has been making a comeback in the last few weeks. I've returned to wearing my mask in any indoor location when I leave my home. It's another step in the investment each of us can make to ensure we find our way out of COVID.

Sometimes it feels like we haven't quite learned the lessons of 2020 yet, so we need a few reminders. I'm listening. Are you?

Like everyone else, I yearn for what life was like in 2019 when we didn't know about masks, pandemics, being shut in, or shut down. When we weren't paying attention to the latest rise in the positive case count or making sure we didn't leave our mask near the front door.

When I think about all of the people in the United States and

beyond suffering amid burning forests and towns, floods, drought, huge storms, and heaven knows what else, I want to go outdoors to one of the blackberry bushes I both hate and love, and pick a few to eat, or maybe I want to make a cobbler.

Or I could go to a local beach and sit on a log and just take in the view. Or maybe I invite those near and dear to safely sit outdoors at my picnic table and enjoy a meal. I'm spending a lot of time tending to my dahlias and sunflowers along with the 'way too many' cucumber plants coming up where my grandson planted every seed from the two packages I gave him.

It feels like a time to go with the simple things in life. To appreciate what we have and not focus on what we don't have. With things changing all around us, there is all the more reason to enjoy the summer now ahead of seasons that will require sheltering indoors. I wish you a happy last month of summer!



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Sept. 19	Sunday	Hardware	25% off
Sept. 26	Saturday	Electronics	25% off
Sept. 27	Sunday	Hardware	25% off
Sept. 30	Thursday	Red Tagged Clothing	\$1.00

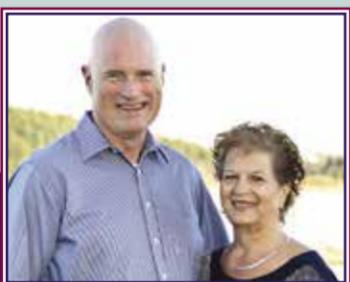
Please consider donating a \$1 or more with your purchase to help support our programs.

Remember we have Gift Cards so that someone special can treasure hunt on their own!!

Health precautions will be in place, masks will be required, customer flow will be limited, restrooms and dressing rooms will be closed, the store will be sanitized throughout each day, and donated items will be quarantined for three days prior to reaching the sales floor.

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CHIN UP continued from page 1

Caregivers can attend while still caregiving because they are at home with the person they are caring for. They can step away to provide care that is needed while still hearing the conversation.

On Zoom, groups have met weekly rather than the in-person meetings that were held monthly. The more frequent meetings have been very beneficial. They have helped people develop friendships and support each other outside of the group.

When COVID kept many people at home, we experienced an outpouring of support from our volunteer drivers, who continued to drive through COVID. Our drivers are special people who understood the need for medical transportation was not going away just because of COVID – people still needed rides to doctors to deal with serious or chronic medical conditions. We worked with them to establish safe practices, and off they drove. Their dedication and generosity are something we at ISR and everyone in the community is grateful for. We think of COVID as isolating us from our community experiences, but for our drivers, it helped them connect even more to what mattered most to them in their lives – giving to those who needed them.

Our nutrition staff have been essential front-line workers, providing Meals on Wheels without hesitation. They jumped into the unknown world of how to feed our community in a pandemic. They worked in close proximity with each other, making and packaging meals. It

took courage and dedication to be sure those who needed meals received them. Staff bonds strengthened and deepened as they faced a mission under duress. “When you work right next to a person, you know the commitment, support, dedication, courage, and respect for your fellow team members. It is a bond that is hard to describe. You are doing something greater because you are doing it together with synergy and unspoken support. Our nutrition staff employee’s average age is 63, and days are long and exhausting, with tired muscles, sore feet, and backaches. However, at the end of the day, there are still smiles of gratification, knowing we accomplished great deeds, fed those who needed us, and made a difference in their lives. Because of COVID, compassion and caring have increased.” Debbie Metz, ISR Nutrition Director

At the height of the crisis, there was an outpouring of help. Many called to volunteer to deliver meals, community members sewed masks for our clients, and we received funding from the community when we needed a new freezer to hold the greater capacity of meals required to meet community needs for Meals on Wheels. COVID isolated us but brought our community together in so many ways. We carry gratitude with us as we move forward today. Perhaps what COVID gave us is summed up best by Debbie, who added, “Being grateful for so many things helps us to focus on the good, to enjoy life, and cherish moments in time, and then to move forward and celebrate joy!”

1 www.idioms.com

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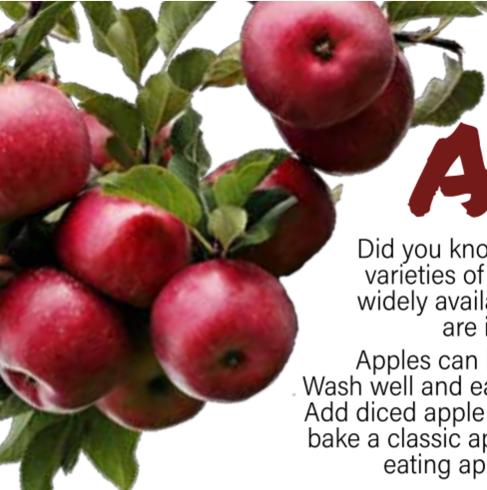


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Fresh APPLES

Did you know that there are more than 7,500 varieties of apples in the world? Apples are widely available year-round, but local apples are in-season during the Fall.

Apples can be enjoyed in so many ways! Wash well and eat plain or add to cereal or yogurt. Add diced apple to your oatmeal while it cooks, or bake a classic apple pie. Some people even enjoy eating apples with cheddar cheese!

SELECTING: Choose apples that are firm and blemish free with no soft spots or wrinkled skin. Almost all apples are good for freezing, baking, and cooking, except Red Delicious, Gala and McIntosh. These apples are best eaten out-of-hand.

NUTRITION: Apples contain key nutrients like fiber and Vitamin C. Fiber helps to keep you regular, control blood sugar and may lower cholesterol. Vitamin C supports healthy gums, skin, and blood. Eat apples with the skin on! – The skin is part of the fiber found in apples and almost half the vitamin C content is just underneath the skin.

STORAGE: Avoid storing apples close to root vegetables and other fruits as the apples will cause them to ripen quickly or spoil. Apples will keep much longer if stored in the refrigerator. Best if used within 2 weeks

Debbie Metz, Nutrition Director
senior-resources.org/nutrition/
360-321-1600 or 360-678-3373

Easy Delicious APPLE MUFFINS



Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/4 cup sugar
- 1 tablespoon baking powder
- 2 teaspoons salt
- 1/8 teaspoon ground allspice
- 1 cup milk
- 1/4 cup oil
- 1 egg, beaten
- 1 cup finely chopped apple

Preparation:

Preheat oven to 400 degrees. Combine flours, sugar, baking powder, salt, and allspice. Add milk, oil, egg; stir only until mixed. Fold in apples. Fill 12 greased muffin cups until almost full. Bake for 30 minutes or until a pick comes out of center clean. Muffins freeze well. Be sure to label and date them.

Island Senior Resources

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Support Groups Meet Online

Please call 360-321-1600 or email reception@islandseniorservices.org for information about attending ISR support groups.



TIME TOGETHER @ HOME ZOOM SUPPORT GROUP

Mondays except public holidays, 11 a.m. – 12:30 p.m.

The program is designed to engage participants with discussions, group puzzles and games in a friendly and supportive environment. This program is great for those who are isolated and have developmental disabilities or cognitive challenges who enjoy being with people and making friends.

PARKINSON'S SUPPORT GROUP

Tuesdays, 10 – 11:30 a.m.

This Zoom group is for people living with Parkinson's and family caregivers to share experiences, knowledge, and

support. Friendships are formed and connections are made to help those living with this challenging condition.

ALZHEIMER'S AND DEMENTIA CAREGIVERS SUPPORT GROUP

Wednesdays, 10 – 11:30 a.m.

This online Zoom group is for people who are caring for someone who has a diagnosis of Alzheimer's, other dementias, or any other challenging condition to share experiences, knowledge and support. Friendships are formed and connections are made to help those who are caring for someone diagnosed with this challenging condition.

Growing Bold: Ordinary people Leading Extraordinary Lives

Here are a few thoughts from several people who have turned their ordinary passions into extraordinary achievements and what helped them do it:

DEBBIE ALLEN, 71, who, against the odds, became an award-winning choreographer, actress, producer, director:

"To make things happen, you must believe in yourself, and you must continue working on expanding your talent and your technique because just when you think you're there, you're not. There's always something else you can learn. I'm still a student, and that's what makes a difference."

TWYLA THARP, 80, a young girl from Indiana who became a nationally recognized choreographer, dancer:

"Have a sense that you can do it, and if you don't, you'll fix it; you'll make it work, and you're going to laugh this time... You may not have gotten what you set out to get, but there is something to be learned from everything."

BRIAN SMINGA, 65, a young man with imagination, became a highly acclaimed software developer and founder of TEDxAsburyPark is deeply curious. He turns his curiosity into action for himself and his community. His advice?

"Never retire – if you are no longer working for an income, then advise a school, a nonprofit, or a startup. Pick an activity that keeps you moving. Spend as much time as you can outdoors...Be intergenerational...Ask the right questions of smart people."

So be bold; it's never too late. Don't be afraid to try new things. Young or older, we can all achieve extraordinary things when we decide to take the first step. You, too, can make a difference for yourself, someone else, or our community. Don't let anyone tell you you can't, least of all, yourself.

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CHECK WITH ISR AND THE CENTER REGARDING IN PERSON PROGRAMS

UNDERSTANDING

Medicare



Getting Ready For Medicare!

If you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a "Getting Ready for Medicare" seminar on Zoom, offered by SHIBA (State-wide Health Insurance Benefits Advisors) volunteers. Counselors will answer brief questions following the seminars. Seminars run 1 -1.5 hours.

Information will be provided about:

- "Basic" Medicare benefits
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Benefits and rates
- Information on financial assistance for qualifying low-income individuals
- Prescription drug plans. (If you want help with your drug plan, we will tell you how to get it).

GETTING READY FOR MEDICARE ZOOM CLASSES:

Tuesday Sept. 7, 1 p.m.

Tuesday Oct. 5, 1 p.m.

Tuesday Nov. 2, 1 p.m.

Individual Consultations: For more in-depth information, advisors are available for individual consultations by phone or zoom; call 360-321-1600 or 360-678-3373 ext 0.

MEDICARE 2022:

Medicare's open enrollment runs Oct. 15 - Dec. 7. This workshop will concentrate on the changes for 2022 that affect us on Whidbey Island. It is important to have the latest information regarding Medicare Part D drug plans and/or Medicare Advantage plans for 2022. Since costs and benefits often change each year, it is vital everyone is in the plan that best meets their needs at the least cost.

ZOOM CLASSES:

Friday, Oct. 15 • 1 p.m.

Saturday, Nov. 13 • 10:30 a.m.

Wednesday, Oct. 27 • 10:30 a.m.

Tuesday, Nov. 30 • 1 p.m.

USING MEDICARE'S PLANFINDER:

This class focuses on how to use Medicare's Planfinder so you can find the best drug plan and/or Medicare Advantage plan that meets your needs. We will cover how to find much of the 'hidden' information as well as information about the supplement plans. We will also share how to find the information you are looking for.

ZOOM CLASSES:

Thursday, Oct. 21 • 10:30 a.m.

Wednesday, Nov. 17 • 1 p.m.

To obtain a Zoom link for any class, go to www.senior-resources.org/shiba and can click on the link for each date/time. Pre-registration is required.

The Statewide Health Insurance Benefits Advisors (SHIBA) offer unbiased, confidential advising for Medicare benefits and insurance options.

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 via Zoom by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. Pre-registration required. For more information call 360-321-1600

Sept. 21, 1:30 p.m.

To pre-register, go to www.senior-resources.org/calendar and click on the date of the event. For more information call 360-321-1600 or 360-678-3373.



SEPTEMBER

\$6 Suggested donation for meals

WEEK 1		
Wed	1	Spaghetti and Meatballs
Fri	3	Sliced Steak Salad on Mixed Greens
WEEK 2		
Mon	6	HOLIDAY – NO MEAL SERVICE
Wed	8	Mac & Cheese w/Ham
Fri	10	Barbeque Chicken Wrap
WEEK 3		
Mon	13	Sausage, Pineapple, Pepper Pizza
Wed	15	Mexican Casserole w/Ground Beef
Fri	17	Tuna Salad on Croissant
WEEK 4		
Mon	20	Chicken Tenders w/Ranch Dressing
Wed	22	Sweet & Sour Pork w/Fried Rice
Fri	24	Greek Salad w/Chicken & Feta Cheese
WEEK 5		
Mon	27	Chicken Drumsticks & Potato Salad
Wed	29	Bacon, Chicken, Ranch Pasta Salad

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The Center In Oak Harbor, 360-279-4580 | Island Senior Resources, 360-321-1600, 360-678-3373

Gifts of Connection for Seniors

The North Whidbey Coalition on Vital Aging wants to acknowledge older adults who would like to be remembered during the holiday season.

Older adults in need on North Whidbey are invited to list three items they would like to receive this holiday season. The list is available for community members

to select from, purchase and return to The Center for delivery to the individuals requesting. This year of isolation has been extremely difficult on our older adult community members who are at high risk for COVID and advised to stay home. This is an opportunity to remind them that we are aware of and care for them.

Are you over 60, living on North Whidbey, and in need of gifts this holiday season?

Please contact The Center in Oak Harbor for a participant application.

Interested in purchasing gifts from the wish list?

In early November the gift wish list will be compiled and made available online at oakharbor.org/sr-svcs/page/gifts-connection for community members to purchase and donate. All items must be new. If you are interested in providing funds or gifts this year, please email giftsofconnectionforseniors@gmail.com to be added to our list of donor contacts.



The Center In Oak Harbor

51 SE Jerome St.,
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Program Coordinator

Send comments and suggestions to thecenter@oakharbor.org

THE CENTER IN OAK HARBOR PROGRAM FEES

Participation in Center programs requires annual membership of \$40 or \$3 day use fee in addition to non-member rates.

Art	By donation
Billiards	No fee
Bunco	Buy-in
Clogging	\$20/\$30 month \$7/\$10 drop-in
Duplicate Bridge	No fee
EnhanceFitness	\$25/\$30 month \$5/\$7 drop-in
History Class	\$40/\$60 per-quarter
Knitting & Crocheting	No fee
Lapidary	Material fee
Line Dance	\$20/\$30 month
Mah Jongg	No fee
Mexican Train	No fee
Paper Crafts	\$5/\$8
Party Bridge	Buy-in
Ping Pong	No fee
Pinochle	Buy-in
Quilting	No fee
Walking Club	No fee
Wii Bowling	No Fee
Yoga	\$25/\$30 month \$5/\$7 drop-in

The Center in Oak Harbor Fall Program Schedule

MONDAY

- 9:00 Billiards
- 9:00 Lapidary
- 9:00 Quilting
- 9:45 EnhanceFitness
- 11:00 Mah Jongg
- 12:00 Bunco
- 12:00 Ping Pong
- 1:00 Art
- 3:00 Clogging

TUESDAY

- 8:30 Yoga
- 9:00 Billiards
- 9:00 Lapidary
- 11:00 Mexican Train
- 1:00 Line Dance
- 1:00 Knitting

WEDNESDAY

- 9:00 Billiards
- 9:00 Lapidary
- 9:45 EnhanceFitness
- 11:00 Duplicate Bridge
- 12:00 Ping Pong
- 1:00 Paper Crafts (2nd/4th)

THURSDAY

- 8:30 Yoga
- 9:00 Billiards
- 10:00 Walking Club*
- 10:00 Wire Wrap
- 10:00 Wii Bowling
- 1:00 History Class (Begins 9/9)

FRIDAY

- 9:00 Billiards
- 9:00 Quilting
- 9:45 EnhanceFitness
- 12:00 Pinochle
- 1:00 Line Dance

*Meets at Flintstone Park

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HYDRATE continued from page 1

hydration. Please note Gatorade, Gatorade Zero, Powerade, and Propel are not on that list. All of those drink options do not serve to improve your hydration and actually do the opposite because of the ingredients they contain. Plain old water is all you need. Many people will protest, telling me they can't stand the taste of water and that they need a little flavor. We have become so accustomed to sugar-sweetened (or sweetener-sweetened) drinks in America that many of us find something lacking when we drink plain old water. Although water is the quickest, easiest way to hydrate, there are many options for accentuating your water that will spice up the flavor without detracting from your hydration success. As the National Academies of Medicine now recommends women consume 2.7 L (about 11 8 oz. cups) of water each day, we may find we need a little variety in what it is we are consuming. Here are a few of my favorite tricks for avoiding dehydration and meeting my own 2.7 L daily quota:

1. Coffee counts. Yes, that's right. As long as you don't sweeten it, even the caffeinated beverages do not have an adverse effect on your hydration status—until you exceed 40 ounces of consumption, which is six 8 ounce cups of coffee or tea. I love my morning coffee, which I flavor with a splash of heavy cream, & I relish all 20 ounces of it throughout the morning, knowing that the fluid intake will help lubricate my joints, keep my mental faculties sharp, & prevent infections.
2. Mix it up. One of my favorite gadgets of all time is a borosilicate glass infuser with a small stainless-steel strainer seated at the mouth of the vessel and a leak-proof lid. There are all varieties of this sort of vessel, and they are, by and large, inexpensive. A decent one can be purchased for under \$5. What I love about these vessels is that you can add anything you like to water, hot or cold, which allows for novel experimentation and fun with what you might like to add to your water. From loose-leaf herbal tea blends to fruity or savory flavors from real fruit, vegetables, or herbs, I delight in what has become a ritual for me – the art of adding variety and flavor to my water without adding such things as Mio drops (which are filled with chemical additives and those dehydrating sweeteners). Throughout the day, I will continue to add water to my glass until the flavor wanes. It is a fun way to benefit from the hydrating power of water & add an infusion of vitamin C or flavonoids, depending on where my whim takes me on any particular day.
3. Eat your water! Remember that a juicy peach is bursting with summery flavor but also with water. That broth from your soup? Yep, that counts, too. Cucumbers are almost entirely composed of water (and have additional health benefits). Choose fresh fruits and vegetables that will allow you to passively consume extra fluids—when you stay well-hydrated, your body more effectively and efficiently utilizes the nutrients you consume. Also, adequate hydration goes a long way in helping

you lose and maintain a healthy weight. When you choose a snack food, think about how it might help or harm your hydration status.

If you are wondering whether you are adequately hydrated or if you need to improve your hydration game, start with consuming 2.7 L of fluid on a regular basis. You should watch your urine become colorless. This prevents kidney stones and other renal diseases but also optimizes your body's ability to flush toxins. You don't need an intensive, expensive detox regimen. You were born with the best detox system you can find—you just need to support your liver and kidneys in performing to the best of their ability, and that starts with adequate hydration. If you're in the area and wondering about your hydration status, we love body composition analysis for what it can tell us about the percentage of your body weight that is composed of water. We always encourage you to strive to have a minimum of 40 percent of your body be composed entirely of that gloriously helpful water.

CLASSES and EVENTS at The Center In Oak Harbor

WII BOWLING IS BACK!



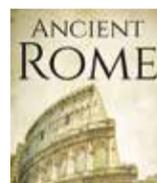
Thursdays, 10 a.m.

Wii bowling is a fun interactive Nintendo game great for those who may be experiencing mobility issues and are wanting to get active! Come to The Center Thursdays at 10 a.m. to make some friends and get a few rounds of Wii bowling in. No special equipment or prior experience necessary. Easy to learn and enjoy!

No fee for members of The Center in Oak Harbor, \$3 day use fee for non-members.

Membership at The Center is available for anyone over the age of 50 and is \$40 a year.

HISTORY CLASS: ANCIENT ROME



**Thursdays, Sept. 9 -
Nov. 18, 1 p.m.**

Join Instructor Debbie Wallin for a fascinating course about Ancient Rome. Class will start Thursday, Sept. 9 and will be every Thursdays at 1 p.m. until Nov. 18, the week prior to Thanksgiving. Registration required.

Class is \$40 for members and \$65 for non-members for the quarter.

Membership at The Center is available for anyone over the age of 50 and is \$40 a year.

PRODUCE FROM THE LORD'S GARDEN

The Lord's Garden is continuing to drop off a bounty of fresh produce Thursdays at The Center, stop in to pick up free, locally grown produce.

ENHANCEFITNESS & YOGA IN-PERSON & VIRTUALLY

EnhanceFitness

**Mondays, Wednesdays and Fridays,
9:45 - 10:45 a.m.**

Yoga

**Tuesdays and Thursdays,
8:30 - 9:30 a.m.**

EnhanceFitness and Yoga classes will continue to be available on the virtual platform as well as in-person. The cost is \$25 month for members and \$30 for non-members or the drop-in rate is \$5 for members/\$7 for non-members per class. Silver & Fit and some Kaiser and UnitedHealth Care insurance plans will reimburse the cost. If you believe you are eligible for insurance reimbursement or to learn more please reach out to Carly Larson at 360-279-4583 or clarson@oakharbor.org

Looking for Class Instructors

We are looking for EnhanceFitness, S.A.I.L. (Stay Active & Independent for Life), Tai Chi, Hula Dance, and Technology class instructors. If you or someone you know is qualified to teach any of these classes, please reach out to our Program Coordinator, Carly Larson at 360-279-4583 or clarson@oakharbor.org

Whidbey Island Genealogical Searchers (WIGS)



WIGS IS RETURNING TO IN PERSON MEETINGS

Tuesday, September 21 • 1 p.m.

Oak Harbor Lutheran Church (1253 NW 2nd Ave, Oak Harbor)

**A "getting reacquainted reunion" is
planned with sharing, food and fellowship.**

ALL ARE INVITED TO JOIN US!

Email whidbeygensearchers@gmail.com with questions

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