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 Normal hours 9 a.m. - 3 p.m. Mon - Fri

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 National Institute of  
 Senior Centers

ASAC is the only nationally accredited  
 senior center in the state of Washington

# NEWSLETTER

August 2021

## The Latest from the Anacortes Senior Activity Center

**H**ello! My name is Karl Wolfswinkel. I am excited to be the next Senior Activity Center Administrator. You may recognize me from my work as a Community Service Officer (CSO) with the Anacortes Police Department, where I have served for 7 years. Two goals as a CSO were to build community relationships and to advocate for the residents of Anacortes. I look forward to utilizing these skills to continue the tradition of making the Center a place where seniors thrive. I have lived in Anacortes for 10 years with my wife, an Anacortes native, and two children. I enjoy the outdoors including hiking, mountain biking, and paddle boarding.



Karl and his wife, Erin,  
 on the top of Mount Constitution

### SPECIAL EVENTS AND PROGRAMS

#### Celebration Ice Cream Social

Join Mayor Laurie Gere to celebrate the reopening of the Center and to welcome our new administrator, Karl Wolfswinkel. This will also be a wonderful opportunity to celebrate the successful completion of the Center's second accreditation with the National Council on Aging and to thank all the folks who helped the Center continue to flourish through the COVID pandemic closure time. Join the Mayor for the festivities from 1:30 to 3 p.m. on Wednesday, August 25. There will be plenty of ice cream, and everyone is welcome!



## ANACORTES SENIOR ACTIVITY CENTER

Karl Wolfswinkel, Administrator  
Lea DeVere, Administrative Assistant

Visit our website at [seniorcenter.cityofanacortes.org](http://seniorcenter.cityofanacortes.org) to find our latest newsletter, calendar and menu.

### ASAC Foundation

The Anacortes Senior Activity Center Foundation advises staff and financially supports the Center. It holds 501(c)(3) status. Donations to the Anacortes Senior Activity Center Foundation are tax deductible within the limits of the law. Visit [asacfoundation.org](http://asacfoundation.org).

Michele Pope, President

Dustin Johnson, Vice President

Kirk Kennedy, Secretary

Don Campbell, Treasurer

Pat Buckley, Colleen Craig, Lin Folsom, PK Mead,  
Barbara Smart, Nicholas Walsh



### Meal Service

Meals on Wheels for homebound seniors: hot meals delivered Monday through Friday; frozen meals available for the weekend. Meals are also available for pickup at the Center. Call Kelli at (360) 416-1500 to register for home delivery, or call Amanda at (360) 293-7473 to arrange for pickup from the Center.

### Volunteer Opportunities

Join the 150+ volunteers working at the Center. Contact Lea DeVere for more information.

### Newsletter

The *Anacortes Senior Activity Center Newsletter* is published monthly and is distributed free at the Senior Activity Center and at a number of locations in town, including the Chamber of Commerce, Library, Senior Housing, and Island Hospital.

### Contributors

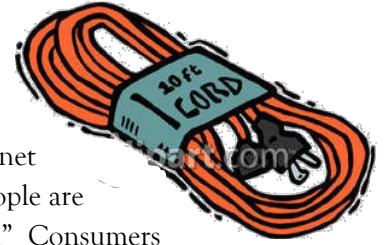
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## Are You Ready to Cut the Cord?



With the high price of internet cable and services, many people are choosing to “Cut the Cable.” Consumers are tired of ever-increasing charges for TV channels that they never use and for shoddy customer service. Computer assistance volunteer Martin Harris will help you “cut the cord” in a class at 1:30 p.m. on Thursday, September 15. Martin will help you assess the pros and cons of dropping those cable TV services and help you find ways to access your TV and entertainment sources via the internet. Martin will talk about the equipment and actions necessary to accomplish this switch and where you might find some cost savings. For this free class, email Martin at [svmystique@hotmail.com](mailto:svmystique@hotmail.com).

## AGING WELL

### Ideas for Aging Well: Resilience

Bonnie Nelson, Coordinator for the Center’s Aging Mastery program, shares videos and online articles that offer inspiration on aging well. This month she shares a TED Talk titled “Sh\*t Happens. What Next? 8 Lessons in Resilience” by Dr. Fiona Starr and Dr. Mike Solomon, who share what they have learned about being resilient, and about coping and thriving when times are tough:

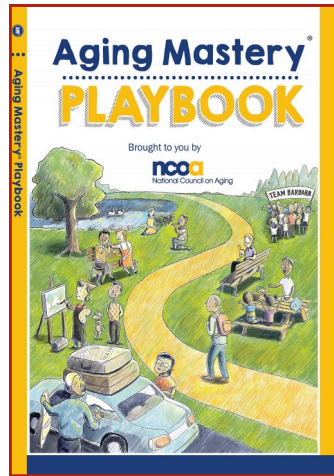
[www.ted.com/talks/fiona\\_starr\\_mike\\_solomon\\_sh\\_t\\_happens\\_what\\_next\\_8\\_lessons\\_in\\_resilience](http://www.ted.com/talks/fiona_starr_mike_solomon_sh_t_happens_what_next_8_lessons_in_resilience)

### Where There’s a Will, There’s a Way

Join Adrienne Doucette for a detailed workshop that will guide you through completing an advance healthcare directive so someone can be prepared to speak for you if you become unable to speak for yourself. Class will meet from 1:30 to 3p.m. on Friday, August 27. Adrienne will use the Honoring Choices PNW form, a simple, user-friendly and very effective document. The cost is \$20. Sign up and pay in advance with cash or a check made out to Adrienne Doucette at the Reception Desk. Space is limited and classes fill up fast. This class will be offered quarterly with the next one scheduled on Friday, October 22.

## Aging Mastery Starter Kits

Get your own FREE Aging Mastery Program Starter Kit! This self-paced kit can help you take small steps to improve your health and quality of life. It includes a play-book, exercise DVDs, activity cards, and a weekly check-in notepad. You do not need a computer to use the Starter Kit. If you are interested in receiving a free kit, contact Lea DeVere at the Senior Activity Center by calling (360) 293-7473 or email her at [lindad@cityofanacortes.org](mailto:lindad@cityofanacortes.org). A new discussion group is forming for folks who want to work through the kits together, sharing ideas and support. For more information on the Aging Mastery program, watch this great video put together by the National Council on Aging. Click on <https://youtu.be/r0ha18SxijU>



## Aging Mastery Alumni Club Meetings

If you have attended the Aging Mastery Program and want to continue learning about new aspects of healthy aging, join the Aging Mastery Alumni Club. Monthly meetings are held from 11 a.m. to 12:15 p.m. on the last Thursday of each month (with exception of holidays). This month's meeting will be on August 26. A variety of topics are discussed, and you will have a chance to inspire and support others while continuing on your own path to good physical and mental health. For more information, email Bonnie Nelson, Program Coordinator, at [amp4alumni@gmail.com](mailto:amp4alumni@gmail.com).

## CREATIVE EXPRESSION

### Drawing Landscapes

Greg Dugan will be teaching a class on drawing landscapes at the Center from 12:30 to 2 p.m. on Thursdays, August 5, August 12 and August 26 (no class on August 19). This class is



for people with some drawing experience. During the course Greg will cover composition, atmospheric perspective, and how to draw common landscape elements such as trees, skies, rocks, shrubs, and water. The cost for the class is \$36. To register and arrange payment, email [Greg at GDuganArt@gmail.com](mailto:Greg at GDuganArt@gmail.com).

## Weaving on a Table Loom

Join Liz Moncrief, experienced weaver, teacher, and author, from 9 a.m. to 12 noon on Fridays, August 27 and September 10. This two-session class will cater to both the very beginner and students from previous weaving classes. The beginners will learn how to “dress” a weaving loom and weave a simple, but elegant scarf. For returning students, this is your opportunity to plan a weaving project, determine appropriate yarns, wind a warp, dress your loom, and carry your project to completion with supervision and guidance. Returning students need to contact the instructor prior to class to discuss plans and prepare a loom. Table looms are provided. Sign up and pay in advance: the cost is \$50 payable as a donation to the Center. There is a materials fee of \$10, to be paid to instructor at the first class. If you wish to take your loom home in between classes, you may leave a \$100 refundable deposit with Lea in the Center office. For more information contact instructor at (970) 692-3949 or [l.moncrief@me.com](mailto:l.moncrief@me.com). Scholarships are available.



## Watercolor and Acrylic Classes

Art instructor and artist Dee Doyle teaches and coaches students from 9:15 a.m. to noon on Mondays for acrylics, happening now, and Fridays starting September 10 for watercolors. The cost for each class is \$15, paid directly to the instructor. Drop-ins are welcome. Some experience is preferred, but not necessary. For further information and supply list, contact Dee Doyle at [deedoyle11@gmail.com](mailto:deedoyle11@gmail.com) or call her at (360) 630-0208.



## Ukulele Chording

The Sunrise Room of the ASAC will be filled with the sounds of ukuleles from 1:30 to 2:30 p.m. Thursdays through August 26. Linda Zielinski will be holding chord reviews beginning with the easier shapes and working up to more advanced. You will be working on strumming, picking, and getting back into the ukulele groove of playing with other folks. There will not be any singing yet, unfortunately, because of COVID restrictions. Hopefully those restrictions will be lifted soon. The class is for those who have already had the FUN beginning class or who have played in the ukulele jams in the past. Class will be limited to 20 students. To sign up, email Linda [zuke.uke@gmail.com](mailto:zuke.uke@gmail.com).



## Creative Circle

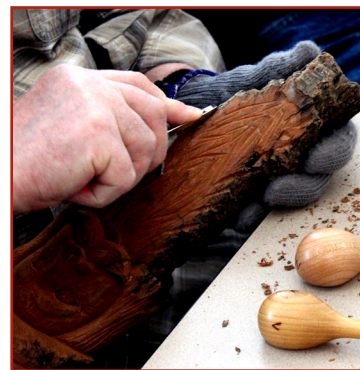
Creative Circle meets simultaneously via Zoom and also in person at the Center. Meetings are held every Monday, starting at 9:30 a.m. Those meeting at the Center will be able to chat with those joining from home. Some of the projects that people work on include beading, knitting, crocheting, felting, jewelry making, polymer clay, egg art and more. New members are welcome! There is no cost. To receive an emailed Zoom invitation or if you want to come to the Center, contact Deborah Francis at (360) 720-2699 or [deborahfrancisfinearts@gmail.com](mailto:deborahfrancisfinearts@gmail.com).

## Woodcarving

Join instructor Dick Weber and other carvers from 9 a.m. to 12 p.m. on Mondays. All skill levels are welcome.

Carvers need to have their own tools and wood for their chosen projects. Assistance will be offered

to help you find ways to attack problems that might develop in carving or in finishing a project. Dick will help beginning carvers learn how to obtain tools and wood, and he will make suggestions on appropriate projects that he feels the carver can successfully achieve. This class is all hand carving, no power tools or wood burning. There is a \$5 weekly fee – pay the instructor.



## Cultured Purls Knitting Guild

Join fellow knitters for knitting, conversation and occasionally speakers from 11 a.m. to 12:30 p.m. on the first Tuesday of the month. The next meeting is August 3. The group is meeting off-site for the August meeting, and will resume meeting in person at the Center probably in September. If you would like more information on where to meet in August, or on how to participate in the group, call Pat Buckley at (206) 200-3824.

## Mosaic and Stained-Glass Workshop

Instructor Melody Hoover will guide you in making your best choice for a project, be it for your home or your yard. If you would like to join, contact Melody at (360) 755-2214. The workshop meets from 9:30 a.m. to 12 noon every Wednesday. Some materials – glass and grout – and tools are available to help you get started.



## LANGUAGE AND DISCUSSION

### Spanish Lessons

Learn Spanish at your own level and pace. Center volunteer Melanie Dugan has over 25 years of experience teaching languages. The lessons will be held via Zoom for an hour each week. Participants will learn together and then have one hour of drop-in time to ask questions or get help with your assignments. Class is on Wednesday evenings from 5 to 6 p.m. To register, email Melanie at [artstudio2120@gmail.com](mailto:artstudio2120@gmail.com). The cost is \$60 per month and the class is ongoing. Join for as many months as you like.

## Fidalgo Book Group

The group meets from 9:30 to 11 a.m. at the Center on the first Thursday of each month. The next meeting will be on September 2. For that meeting, the group will read *The Heart* by Maylis de Kerangal.

Just before dawn, three teenage boys go surfing. While driving home exhausted, the boys are involved in a fatal car accident on a deserted road. One boy goes through the windshield and is declared brain-dead shortly after arriving at the hospital, but his heart is still beating. *The Heart* takes place over the 24 hours as life is taken from the young man and his heart is given to a woman close to death. In gorgeous prose, the deepest feelings of everyone involved are examined as they navigate decisions of life and death. For October, the group will read *The Indigo Girl* by Natasha Boyd. For more information, contact Terri Bawden at (509) 670-4412 or at [terribawden@hotmail.com](mailto:terribawden@hotmail.com).



## Spanish Conversation at the Center

If you would like to join a friendly group and practice your Spanish conversation skills, come to the Center on Tuesday afternoons from 1 to 2:30. For more information, call Caroline Martin at (360) 588-6847 or email her at [cjmartin98006@gmail.com](mailto:cjmartin98006@gmail.com).

## Communication / Technology Consults

Joel Bergsbaken from the Hearing Speech and Deaf Center in Bellingham provides free virtual consultations for seniors and their family members. Learn how hearing changes affect communication and techniques that can help you improve how you communicate. Joel can direct you to hearing assistance technology and will give you basic information about hearing aids and hearing tests so you can prepare for an evaluation by an audiologist. Call the Center at (360) 293-7473 if you would like a free consultation with Joel.



## FITNESS

### Silver Foxes Is Available on YouTube

You can access the Silver Foxes videos to exercise at a time of your choosing by going to the following YouTube links. Part 1 takes you to a break midway through the class where you can stop and check your heartrate. The class then continues in Part 2.

- ♥ Part 1: <https://www.youtube.com/watch?v=TmLBBkdiqOI>
- ♥ Part 2: <https://www.youtube.com/watch?v=wQdB6A2CLA8>

### Seated Wellness

Rita Yribar is offering a free chair yoga class that is available simultaneously via Zoom as well as in person at the Center for those who do not choose to do the class virtually. Rita's classes are held every Tuesday from 2 to 3:15 p.m. The class is designed to allow for each person's physical needs. The class is free, but donations to the ASAC are encouraged. If you have any questions, contact Rita at [rita.chairclass@gmail.com](mailto:rita.chairclass@gmail.com).



### Exercise with Travis

Travis Anderson, Recreation Coordinator for the Anacortes Parks and Recreation Department, shares four videos he made for fitness. Travis wishes you all the best on your wellness journey!

- Week 1: <https://fb.watch/4blaL9tpBQ/>
- Week 2: <https://fb.watch/4bl8Jc0K4i/>
- Week 3: <https://fb.watch/4bl4LSEzyO/>
- Week 4: <https://fb.watch/4bl1Ixp2Hs/>

### T'ai Chi Chih Available Online

Joan Roulac, who leads the Center's moving meditation classes, now offers beginning and intermediate T'ai Chi Chih classes online using Zoom. For more information or to sign up, call Joan at (360) 298-2789 or email her at [joan@mountaintopmusings.com](mailto:joan@mountaintopmusings.com).

## WELLNESS

### Wellness Tip: Eat Vegetables and Fruit



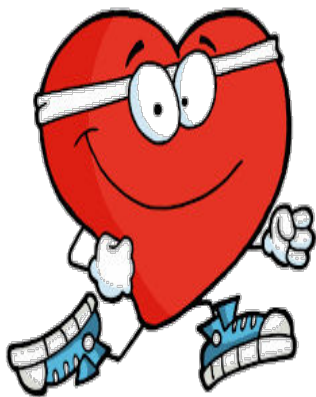
Eating a healthy diet of plenty of vegetables and fruits can help you lower your risk of heart disease, high blood pressure, type 2 diabetes and some types of cancer. It can also help you maintain or reach a healthy weight and keep your body strong and active. When you are looking to purchase good fruits and vegetables, buy:

- ♥ A variety of colors especially when they are fresh and in season
- ♥ Canned vegetables low in salt
- ♥ Frozen vegetables without butter or sauces
- ♥ Canned fruit in 100% juice, not syrup
- ♥ Frozen or dried unsweetened fruit
- ♥ Here are some ways to help you eat more fruits and vegetables:
- ♥ Cut them up ahead of time and keep them in refrigerator for a quick snack
- ♥ Keep a bowl of fruit where you can see it
- ♥ Try a new fruit or vegetable every week or two

### Six Dimensions of Wellness: Physical

Physical wellness focuses on maintaining a healthy quality of life that allows you to get through your daily activities without undue fatigue or physical stress. To achieve this requires a combination of regular activity, exercise and healthy eating habits. Here are some tips:

- ♥ Reduce long periods of time spent sitting. Take a break of three to five minutes every 20 to 30 minutes. Simply stand up and stretch or take a walk around the house.
- ♥ Plan a physical activity or an exercise break by yourself or join an online class. Set a time and stick to it.



- ♥ Get enough rest at night. A cool, dark room is best. For good physical health, most people need seven to nine hours of sleep per night to function at their best.
- ♥ Eat a balanced diet. This means eating a wide variety and the right amount of food.
- ♥ Keep yourself hydrated. Drink eight eight-ounce glasses of water each day.
- ♥ Once a year, review your medications with your doctor and have your vision checked.
- ♥ Find ways to improve your balance and strength.
- ♥ Make changes in your home to help you prevent falls. Remove throw rugs, improve quality of light, and put grab bars in the shower or by the toilet. Use a shower bench in the shower. In the kitchen, move items you use daily to lower shelves.
- ♥ Practice good lifting techniques and wear proper footwear inside and outside.

### Low Vision Support

The Low Vision Support group meets from 10 to 11 a.m. on the last Thursday of each month at the Center. The next meeting will be on August 26. There is no charge. For more information, contact Suzette Richards at (562) 293-7114.



### Chef Jackie Has Two Cookbook Clubs!

Try out new delicious and nutritious recipes that may just end up in an actual cookbook titled *Might as Well Eat Well!* Chef Jackie will send out recipes each month that will coincide with free virtual gatherings. Jackie now has two groups. One group meets on the second and fourth Wednesday of each month, and the other meets on the second Saturday of each month. Both groups start promptly at 10 a.m. During the Zoom sessions, you will be able to ask Chef Jackie about the new recipes and report your experience with previous recipes. Participants need to obtain their own ingredients so that they can prepare the recipe at home. If you would like to join Chef Jackie, email her at [chefjackiedavison@gmail.com](mailto:chefjackiedavison@gmail.com) to receive a Zoom invitation.



## Kidney Health: The Silent Epidemic

The Mount Baker Foundation has rolled-out a “Kidney Health Awareness” initiative intended to raise awareness of this silent epidemic. One in three individuals is at risk for kidney disease and yet they do not know it. Kidney disease is typically diagnosed when it is advanced, at a stage when it is harder to treat. The two primary causes of kidney failure are diabetes and high blood pressure. Take a one-minute risk test at [minuteforyourkidneys.org](http://minuteforyourkidneys.org). You can also learn more by watching a presentation by, Dr. Bill Lombard, Nephrologist. His presentation titled “One in Three of Us Is at Risk for Kidney Disease – Are YOU the One?” is available at: [www.youtube.com/watch?v=zeEGNWpGDaw](http://www.youtube.com/watch?v=zeEGNWpGDaw). For more information, contact Micki Jackson at [micki98226@aol.com](mailto:micki98226@aol.com)



## Reduce Traffic Deaths to Zero

The Washington Traffic Safety Commission has set a goal to reduce traffic-related deaths on our roads to zero by 2030. Carr Lanham, Target Zero Manager for this region, wants to share this video interview done by the Commission to help seniors plan for their driving future. In the interview, a 77-year-old driver who reflects on his driving past and what the future on the road might look like. Go to:

- ♥ <https://youtu.be/jWrV7GxC5p0>
- ♥ [www.facebook.com/Northwest-Region-Target-Zero-110513107512843](http://www.facebook.com/Northwest-Region-Target-Zero-110513107512843)

For more information, contact Carr Lanham at (360) 815-4243 or at [CLanham.WTSC@Outlook.com](mailto:CLanham.WTSC@Outlook.com).

## GAMES

### Pinochle

If you enjoy playing pinochle and would like to join a fun group, come by the Center on Friday afternoons. There is a group that plays from 12 to 2:45 every Friday and they are looking for new players.



## SERVICES AT THE SENIOR CENTER

### Free Computer Clinic Assistance

Skilled computer volunteers are available by appointment on Monday, Tuesday, Thursday and Friday. Appointments are available at 9:30 a.m. or 10:30 a.m. If the computer volunteers do not have scheduled appointments, they may be able to accommodate drop-ins. Call (360) 293-7473 to schedule an appointment. We want to thank our dedicated volunteers Doug Johnson, Paul Denham and Martin Harris for all their time and skillful computer assistance.

### Footcare

Footcare services with Donna and Lynn will once again be available at the Center beginning September 13. If you would like to make an appointment, call the Center at (360) 293-7473. The cost is \$30 for toenails, \$6 for fingernails. Payment is made to the providers. Checks are accepted, but cash is preferred.



### Red Bag Pantry Is Back

The Red Bag Pantry is now back at the Center. Pick up food items that you need for the next few days during our open hours from 9 a.m. to 3 p.m. Monday through Friday. The Pantry is also available at the Anacortes Fire Department on 13<sup>th</sup> Street and the Anacortes Library on 10<sup>th</sup> Street. Those pantries are just outside the buildings and are available 24 hours a day. All of the pantry locations are re-stocked frequently.

### Meals on Wheels and Pickup Meals

The Meals on Wheels delivery program is still operating out of the Center every Monday through Friday. Call (360) 293-7473 and press “2” for information on the nutrition and meal program. To sign up for Meals on Wheels home delivery, call (360) 416-1500.

## Newsletters Available at the Center and Online

There are paper copies of the ASAC newsletter available at the Center, and the newsletter is also available online at [senior-center.cityofanacortes.org](http://senior-center.cityofanacortes.org). If you have a friend or family member who does not have access to the online version of the newsletter, please pick up a copy for them at the Center. If you would like to take a bunch of newsletters to a group or organization, give us a call at (360) 293-7473 and let us know how many you would like.



## Lunch Is Served!

Delicious, well-balanced hot lunches are served at the Center from 11:30 a.m. to 12:30 p.m. Monday through Friday. The menu is available in our newsletter and also at [www.skagitseniors.org](http://www.skagitseniors.org). In addition to the listed menu items, soup and salad are served most days. The suggested donation for seniors 60+ is \$5 per meal; cost for non-seniors is \$7 per meal. Reservations are not required. For more information, call (360) 293-7473. The same menu is also delivered to homebound seniors. Contact (360) 416-1500 for more information and to sign up for Meals on Wheels. Meals are provided by Skagit County Senior Nutrition Program.

## OTHER RESOURCES FOR SENIORS

### Ensure Available at the Center

The Nutrition Program offers liquid meal supplements (Ensure Plus) for a suggested donation of \$30 per case. Ensure is available between 8:30 a.m. and 1 p.m. Monday through Friday. There are a variety of flavors available. Contact Amanda at (360) 293-7473. To qualify, you need to:

- ♥ Be 60 years of age or older
- ♥ Live in Skagit County
- ♥ Have a prescription from your physician or registered dietician (a new prescription will be needed every 6-12 months)



## Skagit and Island Council of the Blind

The purpose of Skagit and Island Counties Council of the Blind is to promote opportunity, equality, and independence for visually impaired and legally blind people. Virtual meetings via Zoom are happening monthly from 1 to 3 p.m. on the second Saturday of each month. For information on future meetings and to receive a Zoom invitation, contact President Andy Arvidson at (425) 218-0190.

## Farmers Market Vouchers

Skagit County Public Health has received an allotment of farmers market vouchers. The Senior Farmers Market Nutrition Program, funded by the USDA, provides lower income seniors with \$40 in vouchers redeemable for fresh produce and herbs and honey at approved farmers market and farm stands.

Eligibility criteria for Senior Farmers Market vouchers include:

- ♥ Age 60+ or age 55+ for Native Americans
- ♥ Income below 185% of federal poverty level
- ♥ \$23,828 annual or \$1,986 monthly for one person
- ♥ \$32,227 annual or \$2,686 monthly for two people
- ♥ Add \$700 monthly for each additional person who is a resident of Washington State

To apply for vouchers, call Skagit County Public Health at (360) 416-1500. Once the affidavit is completed, the vouchers will be mailed to you along with nutrition education materials, copies of authorized markets and farm stores, rights and responsibilities and market information. The vouchers will be distributed while supplies last.



**ANACORTES FARMERS MARKET**

## Mental Health Support Group

NAMI of Skagit holds open support groups online for those living with mental illness, and family members, partners and supportive friends. The group meets from 7 to 8:30 p.m. on the fourth Tuesday of each month. Call Marti with questions at (360) 770-5666.



## Soroptimist Home Health Loans

The Soroptimist International of Anacortes has reopened its free home health loan program. The hours are 8:30 a.m. to 3 p.m. on Fridays only.

The program is located at the Soroptimist Thrift Shop located at 1107 3<sup>rd</sup> Street in Anacortes. You can also give them a call at (360) 293-7251 during the hours the program is open.



## Benefits CheckUp

Benefits CheckUp is a free service of the National Council on Aging (NCOA) that can assist you connect to resources to meet the costs of basic needs such as medications, food, utilities, legal aid, health care, housing, in-home services, taxes, transportation and employment training. Benefits CheckUp is an online questionnaire that asks you a series of questions and then creates a personalized report identifying programs that might be useful to you. To access the questionnaire, go to [www.benefitscheckup.org](http://www.benefitscheckup.org).

## Aging and Disability Resources

Aging and Disability Resources (ADR) helps people who are age 60 and older, people with disabilities, and family members access a wide variety of community resources, information, services and programs, including food assistance, housing information, caregiver lists, medical transport and much more. ADR provides confidential services free of charge and can help you find the information and programs that meet your individual needs. ADR specialists are available to assist you by appointment between 8 a.m. and 5 p.m. Monday through Friday. Call (360) 428-1309 or e-mail [ADRCskagit@dshs.wa.gov](mailto:ADRCskagit@dshs.wa.gov).



## Community Action Volunteer Services

Program staff offer information and referrals for access to food and energy assistance, and grocery and prescription delivery wherever possible. Volunteers can pick up pre-paid grocery orders from local stores that offer call-in and/or online ordering and deliver it to your home. Your order will be left on your porch. You can also order and pre-pay for your medications at a pharmacy of your choice, and the volunteers will pick up and deliver your medications to you. Volunteers can also help with yardwork. If you would like to volunteer or know of someone who could use some help, contact Diane Aldridge at (360) 610-0809 to sign up for the program.

## Food Banks and Other Food Assistance

- ♥ Volunteer Services, Community Action of Skagit County - (360) 610-0809
- ♥ Salvation Army Food Bank - 3001 R Avenue, Mondays and Wednesdays from 1:10 to 3:30 p.m. Call (360) 293-6682.
- ♥ Helping Hands Food Bank - 1211 M Avenue, Wednesdays from 11 a.m. to 2 p.m. Call (360) 293-6445. They will do deliveries if someone is unable to leave home.
- ♥ Anacortes Family Center has emergency packs of food. Request via email at [Samantha@anacortesfamily.org](mailto:Samantha@anacortesfamily.org). Samantha will arrange a time for you to pick up the food.



## Individuals at Risk or in Isolation

If you are an at-risk individual who is on quarantine or in isolation, and you find yourself in need of assistance in getting and/or picking up supplies or food, or if you need help finding out who to call to get supplies or food delivered to you, call the Skagit County Resource Assistance Line at (360) 416-1892 between 10 a.m. and 2 p.m. daily. Leave a message and wait for a response in about 24 hours.

## Property Tax Reduction

Seniors are not required to file with the IRS to receive the property tax exemption. If you have filed, the Assessor's Office needs to see your tax return to verify your eligibility. For 2021, the Assessor's Office will resume auditing participants. Their service counter is not currently open to the public, although they are hopeful that they will be resuming in-person service. Until that happens there are several ways to provide information to them: mail, non-secure email, fax or by dropping information in the locked drop box in their hallway. They are located at 700 S Second St, Room 204, Mount Vernon, WA 98273. Note: income limits have increased and \$42,390 is the new Combined Disposable Income Limit. In addition, for 2020 the requirement for two witness signatures has been eliminated.



## Farmers' Market Sales Support ASAC

The ASAC Foundation hosts a booth at the Anacortes Farmers Market the first Saturday of each month through September. You can browse for painted rocks, starter plants as well as mosaics for your garden. Your donations of plants for the sale, as well as painted rocks and garden art are most welcome. Foundation volunteers are available to pick up your donations. For more information or to arrange for a donation pickup, contact PK Mead at (360) 708-6187 or at [pkmead1@gmail.com](mailto:pkmead1@gmail.com).

## Support the Center with a Legacy Gift

Making a plan for a legacy gift to support the Anacortes Senior Activity Center would serve seniors in our community in a deeply meaningful way, possibly well into the future. You can make a planned gift at any time as a monetary donation or you can give assets such as stocks, life insurance, retirement distribution or real estate. Your gift will help sustain and grow the numbers of seniors the Center is able to reach each year and will help expand programs and services. For more information, call the Center at (360) 293-7473.



## FROM THE ASAC FOUNDATION

### The ASAC Foundation Financially Supports the Center with the Help of People Like You!

The Foundation raises funds to support the Center, and donations of any size are most welcome and appreciated. The support from our many generous donors helps maintain the Center as a vibrant, fun and inspirational community center. The Foundation's goal is to "Help Seniors Thrive!" It is a 501(c)(3) non-profit organization, and all donations are tax deductible. Please visit the Foundation's website at [asacfoundationanacortes.org](http://asacfoundationanacortes.org). Below are examples of some of the ways that the Foundation helps:

- ♥ Copy machine, supplies
- ♥ Newsletter and postage
- ♥ Furnishings, equipment
- ♥ Kitchen supplies, coffee and tea
- ♥ Special projects
- ♥ Building improvements and landscaping



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Every Week</b> 9 Creative Circle 9 Woodcarving 9-12 Men's Pool 9:30-11:30 Computer Assistance 9:15 Acrylics 11:30-12:30 LUNCH 12 Scrabble	<b>Every Week</b> 9:30-11:30 Computer Assistance 10-12 Women's Pool 10 Ham Radio Group 11:30-12:30 LUNCH 1 Spanish Conversation 2 Seated Wellness	<b>Every Week</b> 9:30 Mosaics and Stained Glass Art Workshop 11 Cribbage 11:30-12:30 LUNCH 12 Double Deck Pinochle	<b>Every Week</b> 9:30-10:30 Computer Assistance 11:30-12:30 LUNCH 1:30 Ukulele Chording Review	<b>Every Week</b> 9-12 Men's Pool 9:15 Watercolor (starting in September) 9:30-11:30 Computer Assistance 11:30-12:30 LUNCH 12:15 Cultured Palette 12 Pinochle
<b>2</b>	11 Cultured Purs	<b>4</b>	12:30 Landscape Drawing	<b>6</b>
11 Receptionists Meeting	<b>10</b>	<b>11</b>	9 Sewing Seniors 12:30 Landscape Drawing	<b>13</b>
<b>16</b>	10 ASAC Foundation Board Meeting	<b>18</b>	<b>19</b>	<b>20</b>
<b>23</b>	9:30-10:30 Blood Pressure Checks	<b>1:30 ICE CREAM SOCIAL &amp; CELEBRATION with Mayor Gere</b>	10 Low Vision Support 11 AMP Alumni Meeting 12:30 Landscape	9 Table Loom Weaving Pt 1 1:30 Advance Directives
<b>30</b>	<b>31</b>			



# August 2021 Menu

Anacortes (360) 293-7473, Burlington (360) 755-0102,  
Mount Vernon (360) 416-1589, Sedro-Woolley (360) 855-1531

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mushroom Swiss Burger served with Sweet Potato Fries	3 Lemon Chicken Tagine served with a Peach Crisp	4 Biscuit & Gravy served with a Hot Fruit Compote	5 Meatloaf served with Mashed Potatoes and Gravy	6 Shrimp Louie Salad served with a Berry Cobbler
9 Mulligan Stew served with a Blueberry Parfait	10 Chicken Fried Steak served with Mashed Potatoes and Gravy	11 Turkey Cheddar Dip served with a Broccoli Grape Salad	12 Ham & Swiss Pie served with Sunset Pears	13 Lasagna served with Garlic Bread
16 Home-style Chicken Bowl served with a Brownie	17 Corned Beef and Swiss on a Pretzel Bun served with Apricots	18 Baked Bone-In Chicken served with Mango Chunks	19 Cheese Ravioli Primavera served with Garlic Bread	20 Teriyaki Chicken Sandwich served with Coleslaw
23 Tuna Casserole served with a Green Salad	24 Sweet & Sour Pork served with an Oriental Slaw	25 Hamburger Gravy over Mashed Potatoes served with Blueberries	26 BBQ Chicken Wrap served with a Watermelon Slice	27 Coconut Curry Pollock served with Birthday Cake
30 Chicken Alfredo served with a Caesar Salad	31 Taco Salad served with a Corn Muffin			

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.