



1701 22nd St. Anacortes, WA 98221
 (360) 293-7473 / Fax: (360) 293-7834
 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

January 2022

The Latest from the Anacortes Senior Activity Center

Are you anticipating a year of opportunity and growth? Whatever your goals, we hope you will comb through this issue and discover ways to start the new year well. You may notice that our schedule is incrementally filling up with new programs, including exercise programs that can help you achieve your wellness goals. Happy New Year from all of us at the Center. We wish you well.

Write it on your heart that every day is the best day of the year.
 ~Ralph Waldo Emerson



Holiday Closure

The Center will be closed on Monday, January 17, for Martin Luther King Day. Regular programs will resume on Tuesday, January 18.

SPECIAL EVENTS

Realities of Medical Interventions

Dr. Bill Lombard will present a free program on the realities of advanced medical interventions at 10:30 a.m. on Thursday, January 20. He will discuss in layperson’s terms what these interventions are, and he will explain possible outcomes for patients, for both the short and long term. CPR, mechanical ventilation, dialysis and medicines to support blood pressure are detailed. This is an interactive session, including time for questions and dialogue. Dr. Lombard is a long-time nephrologist, who is the past medical director for the Mount Baker Kidney Center. You can attend in-person at the Center – just drop in. There is no registration necessary. If you would prefer to join virtually, click on the following link to connect via Zoom: <https://us02web.zoom.us/j/87340229693?pwd=MIA5ZXZidTJFUjFyWmdjaVhiYkFmQT09>

ANACORTES SENIOR ACTIVITY CENTER

Karl Wolfswinkel, Administrator
Lea DeVere, Administrative Assistant

Visit our website at seniorcenter.cityofanacortes.org to find our latest newsletter, calendar and menu, or find us on Facebook under “Anacortes Senior Activity Center”

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.

Dustin Johnson, President
Pat Buckley, Vice President
Kirk Kennedy, Secretary
Don Campbell, Treasurer
Colleen Craig, Wendy Drake, Eric Johnson,
PK Mead, Michele Pope, 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

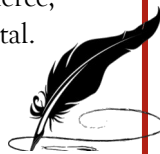
Join the many volunteers working at the Center. Contact Lea DeVere for more information.

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

Writer, Editor and Graphic Designer: Lea DeVere
Distribution: Terri Antonio, Amanda Miller, Suzette Richards, Barbara Smart, Darcy Storme



Cooking Demos at the Center

Chef Jackie Davison will conduct a cooking demonstration at the Center from 10 to 11:30 a.m. on Wednesday, February 23. You can join in person or watch the demonstration virtually from the comfort of your own home. Jackie will demonstrate new recipes on the fourth Wednesdays in April, June, August, October and December. Participants who want to attend the cooking demonstrations in person and taste samples will need to register and pay \$10 in advance at Reception Desk. In person class size will be limited to 8 participants so everyone can be safely distanced. There is no limit to online participation and there is no charge for the virtual class. You will have fun enjoying the lively, “edu-taining” discussion whether you attend virtually or in person. For more information and to get a link to the virtual demo, email chefjackiedavison@gmail.com.



The Silver Foxes Are Back!

The Silver Foxes exercise group is coming back in person to the Center starting Tuesday, January 18. The class follows the popular Richard Simmons exercise entitled “Silver Foxes” and will be held every Tuesday and Thursday from 1:30 to 2:30 p.m. Silver Foxes is a great way to gain strength, balance, and better overall health in a gentle, fun aerobic workout. The class will be led by Wendy Saver, a new volunteer at the Center. She is looking forward to sharing the video with you. There is no charge for the class; just show up in comfortable clothes and join in the fun!

Conversation with Mayor Miller

Join Mayor Matt Miller from 1:30 to 3 p.m. on Wednesday, January 26, for an informal conversation. All are welcome.



Fiction Writer's Seminar

The 2022 Fiction Writers Seminar will meet from 9 a.m. to noon every Friday from January 7 through May 6. This 18-week seminar is a comprehensive course on writing fiction with the objective of completing a long fictional work such as a novella or novel of at least 30,000 words. The seminar fee is a donation of \$70 to the Anacortes Senior Activity Center. There is a limit of 12 participants who wish to write, or have begun to write, a long work of fiction. Sign up and pay in advance at the Reception Desk. Contact Vince Henley at vincehenley@earthlink.net for more information.



Start Writing Your Memoir Today

Join local author Kathleen Kaska for a how-to presentation at 1:30 on Friday, January 28. Kathleen will discuss how to begin writing your memoir. Topics will include setting up your writing schedule, establishing your writing goals, publishing your work, and the options of working with a writing coach. Kathleen has fourteen traditionally published books and has been teaching writing classes for ten years. The presentation is free, and no reservations are required. For more information, visit Kathleen's website at www.metaphorwritingcoach.com.

Chat with Karl

Join the Anacortes Senior Activity Center's administrator Karl Wolfswinkel for a meet-and-greet at 10 a.m. on Tuesday, January 11. Karl would like to get to know everyone who comes to the Center personally, so please join him for this event and get acquainted.



Chat with New Community Service Officer Brent Lindquist

Join Anacortes Police Department's new Community Service Officer Brent Lindquist for a chat from 10 to 11 a.m. on Tuesday, January 18. Everyone is welcome. Brent will also be at the Center on February 15 and March 15.

COVID-19 Vaccination Clinic at the Center

The Center is offering two clinics for free COVID vaccinations. The first will be on Friday, January 14, and the second will be on Friday, February 11. Drop in any time between 9:30 a.m. and 2:30 p.m. No appointment is necessary. Available vaccinations will include first and second shots of the Moderna and Pfizer-BioNTech vaccines, as well as the single first-time shots of the Johnson & Johnson vaccine. Booster shots of all three will be available. These clinics are sponsored by the Center's Wellness Committee and are being provided by Bird's Eye Medical.

Sports Chat

Come and chat everything sports and recreation with Dustin South, Recreation Manager for the City of Anacortes, from 10 to 11 a.m. on Tuesday, January 25. Dustin can discuss a wide range of sports topics, everything from local high school sports to professional. This is a great time to talk about the Winter Olympics coming in February 2022. Chat about your favorite sports ~ share your thoughts on upcoming games. Enjoy an hour of casual sport chat and enjoy wherever the conversation leads.



Bake Sale in Time for Valentine's Day

Get some special treats for your favorite Valentines at the next Bake Sale. The next sale will be held at the Center between 9 a.m. to 1 p.m. on Friday, February 4. Delicious baked goods, homemade by our many faithful bakers, will bring much enjoyment to you and yours as well as helping to fund Center programs. The sale will be held in one of our spacious classrooms so that everyone can stay socially distanced and COVID safe.

MASTERING AGING

Your Voice, Your Choice: Advance Directive

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. The next class will meet both in person at the Center and via Zoom and will be held from 1:30 to 3p.m. on Friday, January 28. Adrienne will use the “Honoring Choices PNW” form, a simple, user-friendly and very effective document. The cost is \$20 for in-person and for those joining via Zoom. Sign up and pay in advance at the Reception Desk. If you are attending the class online and do not have access to a printer, ask for a copy of the form when you sign up. To join the class via Zoom, go to <https://zoom.us/j/94489075089?pwd=Zm5adWRBTnlLUHdYTmINT0xqMkc2Zz09>. Space is limited and classes fill up fast.



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 first Thursday of each month. This month's meeting will be on January 6. 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. If you have taken the 10-week Aging Mastery class, and would like to join the alumni group meetings, email Bonnie Nelson, Program Coordinator, at amp4alumni@gmail.com and she'll get you on the notification list.



WELLNESS

Beating the Winter Blues

Dr. Alethea Fleming, ND, is a passionate advocate for naturopathic geriatric medicine. Join her at the Center from 10:30 to 11:30 a.m. on Tuesday, January 25, for a free presentation on how to beat the winter blues. Dr. Fleming is a Bastyr University graduate, and she earned a certificate in Gerontology from the University of Washington. Dr. Fleming is the owner of the Vital Aging Clinic in Anacortes where she has provided care to elders and someday-elders for over a dozen years. Dr. Fleming is adjunct faculty at Bastyr University and Middle Way Acupuncture Institute as well as a proud member of AGS, WANP and AANP.

Six Dimensions of Wellness: Emotional Health

The COVID-19 pandemic has disrupted our lives, and the lives of seniors have changed more than most. Here are a few tips to help you maintain emotional wellness:

- ♥ Keep regular contact with loved ones, by telephone, e-mail, social media or virtual interactive video such as Zoom.
- ♥ Keep regular routines and schedules as much as possible for eating, sleeping and activities you enjoy.
- ♥ Learn simple daily physical exercises to do at home. You can sign up for one of the Center's online exercise programs, listed in this newsletter.
- ♥ If you are able, take a walk around your neighborhood. Be sure to wear a face mask and keep social distance from others.
- ♥ Arrange for practical help when you need it. For example, arrange to get food when you are unable to get it yourself. There is a lot of information in this newsletter you might find useful.
- ♥ Do not be afraid to ask family members, friends or neighbors for support.
- ♥ Remember, fear is a normal reaction to uncertainty. Sometimes fear is expressed in ways which are hurtful to other people, so please be kind. Any activity that gives you joy, happiness, cheerfulness, amusement, or that makes you feel good emotionally is good for your overall wellness.

Join Chef Jackie's Cookbook Club

Try out some delicious and nutritious recipes that may just end up in a cookbook. Chef Jackie will send out recipes each month that will coincide with free virtual gatherings at 10:00 a.m. on the second Wednesday of each month. 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. To join, email Chef Jackie at chefjackiedavison@gmail.com.



Replacing a COVID Vaccination Card

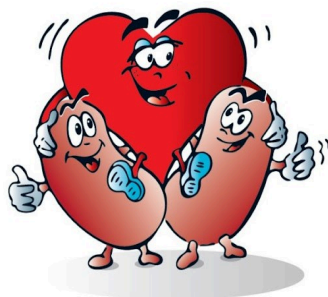
If you have lost or misplaced your COVID vaccination card, or if you want to find information on other vaccinations you have gotten in the past, visit <https://waverify.doh.wa.gov/> or <https://wa.myir.net/ror!next=/>. If you got your COVID vaccine at Island Hospital, email the hospital's Medical Records Department at records@islandhospital.org or call (360) 299-1326. You can also contact your primary care provider. For further information, visit www.islandhospital.org/coronavirus.

Kidney Health: The 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: minuteforyourkidneys.org. You can also watch a presentation by Dr. Bill Lombard, Nephrologist, titled "One in Three of Us Is at Risk for Kidney Disease – Are YOU the One?" It is available at:

<https://www.youtube.com/watch?v=zeEGNWpGDaw>.

For more information, contact Micki Jackson at micki98226@aol.com.



Wellness Tip: Glaucoma

Glaucoma is an eye condition that can damage the optic nerve, which is vital for good vision. It is one of the leading causes of blindness in the U.S. Vision loss cannot be recovered, but if glaucoma is recognized early vision loss can be slowed or prevented. The most common form has no warning signs and it can be gradual. Here are a few risk factors:

- ♥ Over 60 years old
- ♥ Family history of glaucoma
- ♥ Eye injury
- ♥ Diabetes, heart disease
- ♥ Here are some ways you can reduce your risk:
- ♥ Get regular eye exams (every two years if you are over 65 or are at risk.)
- ♥ Exercise regularly
- ♥ Eat a healthy diet
- ♥ Wear protective eyewear (sunglasses, goggles)



CREATIVE EXPRESSION

Claire Lemberg Arts and Crafts Scholarship

We have a scholarship program available for low-income people who want to take one or more of the Center's arts and crafts classes. Here are some examples of the classes taught by local artists that you could participate in:

- ♥ Watercolor and Acrylics – Dee Doyle
- ♥ Weaving on a Table Loom – Liz Moncrief
- ♥ Mosaic and Stained Glass – Melody Hoover
- ♥ Basket Weaving – Jane Hyde

This scholarship program is possible thanks to a generous donation from the family of Claire Lemberg and other generous donors. Claire taught arts and craft classes at the ASAC for a number of years, and after she stopped teaching, she continued to be active in Center activities. If you are interested in receiving a scholarship, contact Lea DeVere at (360) 293-7473.

Cultured Palette

The Cultured Palette group will once again be meeting at the Center from 1 to 3 p.m. beginning January 7. This group includes artists working in various media. Watercolor and acrylics, ink and colored pencils are all welcome. Bring your supplies and your creative energies!



Color Theory for Watercolor and Acrylics

Local artist Dee Doyle's classes in January and February will focus on color theory with a broader exploration of composition and design. The classes will visit various palettes and color schemes, ways to mix and use color, and how to apply it. All skill levels are welcome. Acrylic classes meet at 9:15 a.m. on Mondays and watercolor classes meet at 9:15 a.m. on Fridays. Both classes end by noon. Some experience is preferred, but not necessary. Drop-ins are welcome. The cost is \$15 per class. For further information and supply list, contact Dee Doyle at deedoyle11@gmail.com or call 630-0208.

Sewing Seniors

Join the Center's monthly sewing group to work on your projects and share your love of sewing and quilting with other sewers. The group meets from 9 a.m. to 2:30 p.m. on the second Thursday of each month. The next meeting will be on Thursday, January 13. Bring your sewing machines, projects, sewing supplies, a small iron and ironing surface, and a cutting mat. You may also enjoy a hot lunch at the Center ... the buffet is open between 11:30 a.m. and 12:30 p.m.

NOTE: Please enjoy your lunch in the dining room; we are not able to allow food in the classrooms at this time because of the mask requirements.



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 will be on January 4 and will be held both onsite at the Center and simultaneously on Zoom. If you would like more information, call Pat Buckley at (206) 200-3824. Here is the link to join via Zoom: <https://us06web.zoom.us/j/87140402084?pwd=SzdoclhGa29IcXB3OXd4aDU5aEV1dz09>

Mosaic and Stained-Glass Art

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 this in-person workshop, contact Melody at (253) 514-3036. The workshop meets from 9:30 a.m. to 12 noon on Wednesdays. Some materials, including glass, grout and tools, are available to help you get started.

Basket Weaving

Jane Hyde teaches basket making from 9:15 a.m. to 3 p.m. With an eye to social distancing, Jane will offer three separate classes this month, with a limit of 8 students per class. You can choose one of these dates:

- ♥ Wednesday, January 19
- ♥ Friday, January 21
- ♥ Thursday, January 27

You will need to sign up in advance. Call Jane at (360) 661-7477 to sign up and to get information on the baskets being taught and the cost of the class.



Ukulele Class

Linda Zielinski will be teaching an intermediate-level ukulele class from 1:30 to 2:45 p.m. on Thursdays through January 27. There is no cost, but donations to the Center are welcome. This class will be completely instrumental ~ no singing. For questions regarding the class, email Linda zuke.uke@gmail.com and include your phone number in the email.

Baritone Ukulele Jams

Baritone Ukulele enthusiasts will jam together at the Center



from 1 to 2:30 p.m. on Mondays starting January 3. All levels are welcome, but some ukulele experience is helpful. This is not an instructional group although knowledge and tips are shared amongst participants. You will need to have a baritone ukulele and a music stand. Some music will be provided. Websites will be shared from which to download music. Most of the music played is from the Senior Ukulele Ensemble (SUE) and the Fidalgo Ukulele Network (FUN) collections. Current guidelines require masking and singing is prohibited at the current time. A small donation to the Center is encouraged. For more information and to sign up, email Dan at bariuke49@gmail.com.

Creative Circle

Creative Circle is now meeting both virtually via Zoom and also in person at the Center. Hybrid virtual and in-person meetings are held every Monday, from 9 a.m. to noon. Those meeting at the Center will be able to chat with those joining in via Zoom. 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.

FITNESS

T'ai Chi Chih Available Online

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



Stretch and Move Yoga

Join Laifong Nelson for her Stretch and Move Yoga class. Her next class will be from 10 to 11 a.m. starting on Wednesdays, January 5 through February 2. The class will focus on stretching and moving your body to create balance and core strength, while cultivating breath awareness. Laifong says give it a try because "what you don't use you will lose." The cost of the five-week class is \$50. Drop-ins are welcome at \$13 per class. Sign up and pay at the Reception Desk. For more information, contact Laifong at (360) 202-2323 or at ngyoga82@gmail.com. You can also visit her website at Anacortesyoga.com.

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. 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. To join the Zoom meeting click on the following link: <https://us06web.zoom.us/j/98995344128>



LANGUAGE AND DISCUSSION

Fidalgo Book Group

The group meets from 9:30 to 11 a.m. on the first Thursday of each month. At the next meeting on January 6, the group will discuss *The Nickel Boys* by Colson Whitehead. This is the story of a young black boy unjustly sentenced to a juvenile reform school in the 1960s. Although *The Nickel Academy* is fictional, it is based on a real reform school that operated for 111 years in Florida. Whitehead won his second Pulitzer for this book. For the February meeting, the group will read *Perestroika in Paris* by Jane Smiley. For more information, contact Terri Bawden at (509) 670-4412 or email terribawden@hotmail.com.

Communication / Technology Consults

Joel Bergsbaken from the Hearing, Speech and Deaf Center in Bellingham is providing free virtual consultations for seniors and their family members. These virtual consultations include live captions you can read! Learn how hearing changes affect communication and pick up some tips 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 Joel at (360) 647-0910 if you would like a free consultation.



American Sign Language Practice Group

The American Sign Language (ASL) Practice Group meets on Tuesdays from 9:15 to 10:15 a.m. Learn and practice together. All levels and all ages are welcome -- the practice sessions are free. Drop in any time!

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.

NOTICES

Please Stay at Home When Not Well

Help us minimize the spread of illness at the Center. If you think you might be sick with a contagious disease and especially if you are experiencing symptoms, please do not come to the Center. Doing so puts others at risk. We will appreciate you staying at home to take care of yourself while protecting others from the spread of disease.



COVID Safety Precautions

Masks are required inside the Center facility, and we thank you for your cooperation and assistance helping to keep everyone in the building safe during the COVID pandemic. As an additional safety precaution, the Center has air purifiers in every room to help eliminate transmission of the virus. If you have any questions or concerns, please contact Center staff at (360) 293-7473.

Hazardous Weather

Throughout the winter season, plan for the Center to remain open regular hours. If hazardous weather such as snow, ice or extreme wind makes it feel risky to venture out, play it safe and stay at home. If you are an instructor and you want to cancel an activity, contact staff or leave a voicemail at (360) 293-7473. If you are a participant, call the same number for class status. Meals on Wheels and on-site meal service may be cancelled in hazardous weather. Meals on Wheels clients are provided with frozen meals and/or shelf stable meals when hazardous weather disruption is anticipated.



SERVICES AT THE SENIOR CENTER

Get Help with Medical Insurance

Schedule an appointment with a SHIBA volunteer to get the help you need. The volunteers are available via telephone or virtually via Zoom to provide free, one-on-one, unbiased and confidential help with Medicare and Medicaid. These volunteers are highly trained to counsel residents of all ages and backgrounds regarding choices, options and problems with health insurance, affordable prescription drugs, and Medicare. SHIBA (Statewide Health Insurance Benefits Advisors) is part of the Washington State Office of the Insurance Commissioner's consumer protection services. Call (360) 826-8828 to schedule an appointment.

Free Computer Help

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.



Newsletters 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 seniorcenter.cityofanacortes.org. Notices of Center activities and programs are also in the Anacortes American and the Clamdigger each week. You can find us on Facebook by searching "Anacortes Senior Activity Center." 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.

Trinkets and Treasures

Find that special gift at the Trinkets and Treasures sale in the lobby of the Center! We also welcome donations of gently used items for resale. If you have small items in good condition that you would like to donate to the Center for resale in support of Center programs, drop by between 9 a.m. and 3 p.m. Monday through Friday or give us a call at (360) 293-7473. DO NOT leave donations outside of our normal hours of operations. All items are priced as marked, and all funds raised from these sales go 100% to benefit Center programs and services. Thank you for your support.

Red Bag Pantry

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 13th Street and the Anacortes Library on 10th Street. Those pantries are just outside the buildings and are available 24 hours a day. All of the pantry locations are re-stocked frequently.

Footcare

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.



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.

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 and press #2 for the nutrition office. 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 & PROGRAMS

Alzheimer's Disease Support Group

There is an Alzheimer's Disease support group that meets from 1 to 3 p.m. on the second Monday of each month. The meetings are held at the Presbyterian Church at 1300 9th Street in Anacortes. For further information, call Ann G at (360) 299-9569.

Anacortes Senior College

After a two-year hiatus, registration is open for winter term beginning January 11. Classes meet from 4 to 6 p.m. on either Tuesday or Thursday. Some classes meet for six weeks, and some for three weeks. All classes meet at the Anacortes Middle School at 22nd and M. Three-week classes are \$20, and six-week classes are \$30. Online registration and course descriptions are available at www.seniorcollege.org. Course descriptions and registration forms are available at the Anacortes Senior Activity Center. NOTE: Classes have been filling up. If a class is full, ask to be put on a waiting list. Call (360) 503-1255 or email info@seniorcollege.org.



Tuesday Classes, beginning on January 11

- ♥ Memoir Writing, Teru Lundsten, 6 weeks
- ♥ Exploring Washington's Geology, Dr. Gene Kiver, 6 weeks
- ♥ Bugs Bugs Bugs and Other Insects, Dr. Robert Gara, 6 weeks

Thursday Classes, beginning on January 13

- ♥ The Evolution of Our Solar System, Dr. Barrie Hughlock, 6 weeks
- ♥ Three Good Movies: Cooking and Eating, Mark Lundsten, 6 weeks
- ♥ Math: Phun 'n Phrolic, Jerome Chandler, 6 weeks
- ♥ The Tankers of Puget Sounds, Cap't. Sol Kohlhaas, USCG Master, 3 weeks: NOTE: This class meets February 3, 10, and 17.

Blood Drive in January

Winter is one of the most difficult times of the year to collect blood donations. The drive will take place January 6 and 7, and January 11 and 12, at Westminster Presbyterian Church, 1300 9th Street in Anacortes. To book your one-hour appointment, call (800) 398-7888 or visit schedule.BloodworksNW.org. Appointments and masks are required at all donation sites. No guests under the age of 16 are permitted.



AARP Smart Driver Course Is Online

While the Center is not able to offer the AARP Safe Driving course in person at this time, the safe driving course is available virtually. When you take the online course, you could be eligible for a multi-year discount on your auto insurance. Plus the course teaches proven driving techniques to help keep you and your loved ones safe on the road. You will learn:

- ♥ Important facts about the effects of medication on driving.
- ♥ Age-related physical changes and how to adjust your driving to compensate.

The next virtual class will be held from 10 a.m. to noon over the course of three days:

- ♥ Tuesday, January 11,
- ♥ Thursday, January 13, and
- ♥ Thursday, January 20.

There will be virtual classes offered in February and March as well. Look for details in upcoming newsletters. Go to <http://aarp.cvent.com/DSVirtual>



to register. If you have questions or have difficulty getting registered, call (425) 830-1409 or email aarpwashingtondriversafety@gmail.com.

Skagit and Island Council of the Blind

The Skagit and Island Counties Council of the Blind promotes opportunity, equality, and independence for visually impaired and legally blind people. Virtual meetings happen 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.

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

Aging and Disability Resources

Aging and Disability Resources (ADR) helps people who are disabled or age 60 and older, as well as their 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.



Benefits CheckUp

Benefits CheckUp is a free service of the National Council on Aging (NCOA) that can assist you in finding resources to help you cover 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.

Ensure Available at the Center

The Skagit County Senior Nutrition Program offers liquid meal supplements (Ensure Plus) to seniors 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 the Nutrition Program at (360) 293-7473 extension #2 to make arrangements. To qualify, you need to:

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



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.

Community Action Needs Volunteers

- ♥ Food delivery drivers are needed on occasional weekday mornings to deliver 30- to 50-pound boxes of food to low-income seniors who have difficulty leaving their homes. A vehicle is provided. Volunteers go out in pairs from the Skagit Food Distribution Center in Sedro-Woolley. Current driver's license and proof of insurance required.



- ♥ Medicaid Transport Drivers: Help a senior or disabled neighbor by driving them to their Medicaid doctor appointments. This will require a flexible schedule. You must have a current driver's license, a safe working vehicle, proof of insurance, and the ability to keep a detailed record of each transport.
- ♥ Wood Choppers/ Movers: Looking for a free workout? Volunteers are needed on Saturdays to chop, stack, and deliver wood to those who heat with wood but are no longer able to chop it themselves. Assistance with moving is needed. A pick-up truck is handy, but not necessary.

Individuals at Risk or in Isolation

If you are an at-risk individual in quarantine or if you find yourself isolated, you may need assistance in either picking up or having food and/or supplies or food delivered to you. If so, call the Skagit County Resource Assistance Line at (360) 416-1892 between 10 a.m. and 2 p.m. daily. Leave a message; you will receive a response in about 24 hours.

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 – 112 M Avenue, Tuesdays from 11 a.m. to 2 p.m. Call (360) 856-2211. Drive through – please stay in your car
- ♥ Anacortes Family Center has emergency packs of food. Request via email at Samantha@anacortesfamily.org. Samantha will arrange a time for you to pick up the food.

Community Action Volunteer Services

Program staff offer information and referrals for food and energy assistance, as well as grocery and prescription delivery. Volunteers can pick up your groceries. Volunteers can also help with yardwork. If you or someone you know needs help, contact Diane Aldridge at (360) 610-0809 to sign up for the program.

Property Tax Exemptions

Seniors are not required to file with the IRS to receive the property tax exemption. If you have filed and want an exemption, you will need to show your tax return to verify your eligibility. There are several ways to provide information to the auditors: mail, non-secure email, fax or by dropping information in the locked drop box at 700 S Second St, Room 204, in Mount Vernon.

Income limits have increased and \$42,390 is the new Combined Disposable Income Limit. In addition, the requirement for two witness signatures has been eliminated.



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. Below are examples of some of the ways that the Foundation helps:

- ♥ Internet access
- ♥ Newsletter
- ♥ Furnishings
- ♥ Equipment
- ♥ Office supplies
- ♥ Postage
- ♥ Staff support
- ♥ Kitchen supplies
- ♥ Coffee and tea
- ♥ Fundraising expenses
- ♥ Special projects
- ♥ Building improvements
- ♥ Landscaping
- ♥ And much more!



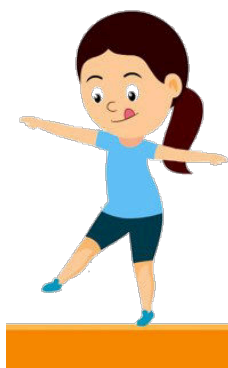
Support the Center with a Legacy Gift

Making a plan for a legacy gift to support the Anacortes Senior Activity Center serves 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.

CLASSES AT ISLAND HOSPITAL

Balance Screening

Join Island Hospital physical therapists on Tuesday, January 11, to determine where your body is vulnerable and develop strategies to prevent falls. Free appointments are available between 10:30 a.m. and 12:30 p.m. To make an appointment, call (360) 299-4204.



Living Better with Diabetes

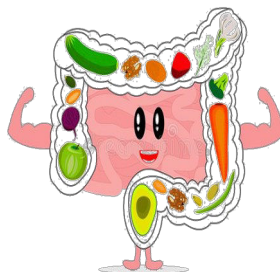
Join Registered Dietitian and Certified Diabetes Care and Education Specialist Amanda Lungren from 1:30 to 2 p.m. on Tuesday, January 11, for a free online discussion on healthy eating, being active, and reducing risks to help manage diabetes. Call (360) 299-4204 or email communityed@islandhospital.org to sign up.

End-of-Life Paperwork

What documents should you prepare for the end of your life? Join expert Käaren Flint from Hospice of the Northwest from 10:30 to 11:30 a.m. on Thursday, January 13, to learn more about POLST (Physicians Orders for Life-Sustaining Treatment), Advanced Directives and Health Care Durable Power of Attorney (HCDPOA). This virtual presentation along with all documents are provided to you free of charge. Call (360) 299-4204 or email communityed@islandhospital.org to sign up.

Healthy Digestion

The human body transforms food into fuel which sometimes leads to belching, heartburn, bloating, diarrhea or constipation. Take a free online journey into the digestive system with Registered Dietitian Amber Phillips from 10 to 10:45 a.m. on Tuesday, January 18. Learn common symptoms of digestive distress and nutrition strategies to improve gut health. Call (360) 299-4204 or email communityed@islandhospital.org.



Memory Screening

Do you have difficulty paying attention or keeping up in a conversation, staying on topic, or remembering information and names? Are finding words, expressing thoughts, or planning and following through with a schedule becoming more difficult? If so, Island Hospital speech language pathologists can help identify the nature of your difficulty and determine if you have a cognitive communication deficit. They can also provide strategies to help you improve in these areas of difficulty in order to help you succeed. To make an appointment, call (360) 299-4204.

Improving Your Aging Memory

Is your memory not quite what it used to be? Join Island Hospital speech language pathologist Libby Lewis for a free online program from 10:30 to 11:15 on Wednesday, January 19, to learn strategies and activities to improve your memory and keep your mind sharp. Call (360) 299-4204 or email communityed@islandhospital.org to sign up.

Grand-Parenting Class

Are you an expecting grandparent? Learn what has stayed the same in childbirth, infant care and early development and what has changed over the years. This free online class from 12 to 1:30 p.m. on Thursday, January 20, describes ways grandparents can offer support and assistance to a new family, whether they live close or far away. Class will include detailed information on car seat safety. Call (360) 299-4204 or email communityed@islandhospital.org to sign up.

Swallow Screening

Concerned about your swallow? Do you cough or clear your throat frequently when eating or drinking, have wet sounding vocal quality, have congestion with repetitive colds or pneumonia, have difficulty with chewing and/or require multiple swallows with bites or sips? If you are experiencing one or more of these symptoms, meet with a speech-language pathologist for a free appointment between 1:30 and 3:30 p.m. on Tuesday, January 25. To make an appointment, call (360) 299-4204.

Mental Health Effects of COVID-19

Join Dr. Paul Hammer for a free online presentation between 12 and 1 p.m. on Thursday, January 27, to learn about the surprising impact of the COVID

pandemic on mental health and find steps you can take to keep yourself mentally and physically well.

Call (360) 299-4204 or email [communityed](mailto:communityed@islandhospital.org)

[@islandhospital.org](mailto:communityed@islandhospital.org) to sign up.



FIDALGO POOL AND FITNESS CLASSES

A variety of fitness classes are offered on-site and in virtual format that you can access from the comfort of your own home. Below are just a few of the classes offered. Pre-registration is required. To register or for more information, call (360) 293-0673 or visit

www.fidalgopool.com.

SilverSneakers® Classic

This class meets from 9 to 9:50 a.m. on Mondays, Wednesdays and Fridays. It offers exercises designed to increase muscular strength, range of motion and activities aiding daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

Flow Yoga

This class meets from 10:15 to 11 a.m.

on Tuesdays and Thursdays and emphasizes dynamic movement, seamlessly stringing postures together, one to another, connected through breath. It is both supportive and self-paced.



BEWARE OF SCAMS

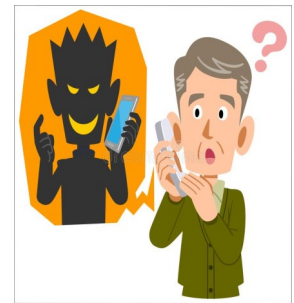
Four Signs of a Scam

Scammers **PRETEND** to be from an organization you know.

- ♥ Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the Social Security Administration, the IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations.
- ♥ They use technology to change the phone number that appears on your caller ID. The name and number you see might not be real.

Scammers say there is a **PROBLEM** or a **PRIZE**.

- ♥ They might say you are in trouble with the government ... or you owe money ... or someone in your family had an emergency ... or that there is a virus on your computer.
- ♥ Some scammers say there is a problem with one of your accounts and that you need to verify some information.
- ♥ Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.



Scammers **PRESSURE** you to act immediately.

- ♥ Scammers want you to act before you have time to think. If you are on the phone, they might tell you not to hang up so you cannot check out their story.
- ♥ They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.

Scammers tell you to **PAY** in a specific way.

- ♥ They often insist that you pay by sending money through a money transfer company or by putting money on a gift card and then giving them the number on the back.
- ♥ Some will send you a check (that will later turn out to be fake), tell you to deposit it, and then send them money.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Every Week 9 Creative Circle 9-12 Footcare 9-12 Men's Pool 9:15 Acrylics 9:30-11:30 Computer Assistance 11:30-12:30 LUNCH 1-3 Footcare 1 Baritone Ukulele Jam	Every Week 9:15 American Sign Language Practice 9:30-11:30 Computer Assistance 10-12 Women's Pool 11:30-12:30 LUNCH 2 Seated Wellness	Every Week 9:30 Mosaics and Stained Glass Art 10 Move and Stretch Yoga 11 Cribbage 11:30-12:30 LUNCH 12 Double Deck Pinochle	Every Week 9:30-10:30 Computer Assistance 10-12 Women's Pool 11:30-12:30 LUNCH 1:30 Ukulele Class (intermediate level)	Every Week 9-12 Men's Pool 9 Fiction Writers Seminar 9:15 Watercolor 9:30-10:30 Computer Assistance 11:30-12:30 LUNCH 12:15 Cultured Palette 12 Pinochle
3	4	5	6	7
11 Receptionists Meeting	10 Chat with Karl		9:30 Fidalgo Book Group 11 AMP Alumni 11:30 Needlepoint Guild	9:30-2:30 COVID Vaccination Clinic
10	11	12	13	14
CLOSED For MLK Holiday 17	10 Meet APD Community Service Officer Brent Linquist 1:30 Silver Foxes Exercise	9:15 Basket Weaving	10:30 Realities of Advanced Medical Intervention 1:30 Silver Foxes Exercise	9:15 Basket Weaving
17	18	19	20	21
24	10 Sports Chat with Dustin 10:30 Wellness Day with Alethea Fleming 1:30 Silver Foxes Exercise	1:30 Coffee with Mayor Miller	9:15 Basket Weaving 1:30 Silver Foxes Exercise	1:30 Advance Directives Workshop
24	25	26	27	24
31	January 2022			

January 2022 Menu

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

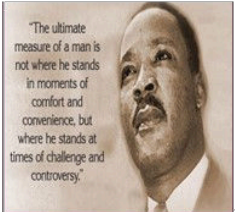
Monday

Tuesday

Wednesday

Thursday

Friday

3 Teriyaki Chicken with Steamed Rice served with Green Beans	4 Chili Mac with Hot Dog served with Grapes	5 Curry Chicken served with a Goofy Bar	6 Chicken Fried Steak served with Mashed Potatoes	7 Lemon Pepper Fish served with Sliced Apples
10 Meatball Sub Sandwich served with a Bean Salad	11 Butternut Squash with Italian Sausage Soup served with a ½ Deli Sandwich	12 Pork Roast served with Mashed Potatoes and Gravy	13 Manicotti with Marinara served with a Zesty Quinoa Salad	14 Baked Bone-In Chicken served with Smashed Baby Bakers
 Dr. Martin Luther King JR Day	18 Home-style Chicken Bowl served with a Biscuit	19 Impossible Taco Pie served with a Tex-Mex Salad	20 Krabby Cake served with Pasta Alfredo	21 Turkey Pot Pie served with a Green Salad
24 Hungarian Mushroom Soup served with a Half Deli Sandwich	25 Pulled Pork Sandwich served with Peach Crisp	26 Chicken Marbella served over Mashed Potatoes	27 Inside Out Ravioli served with a Pepperoni Salad	28 Gyro with Tzatziki Sauce served with Birthday Cake
31 Mushroom- Swiss Burger served with a Pea and Cheese Salad				

Menu substitutions or changes are sometimes necessary. Thank you for your understanding.