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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

February 2022

The Latest from the Anacortes Senior Activity Center

Welcome to the February edition of the Anacortes Senior Activity Center newsletter. We hope you are enjoying the hints of spring, including longer daylight hours. We also hope the people and programs of the Center serve as a catalyst for personal growth and opportunity in the month ahead as we continue to move forward towards our goals and aspirations.

All you need is love. But a little chocolate now and then doesn't hurt.
—Charles M. Schulz



Holiday Closures

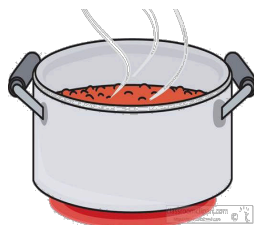
The Center will be closed on Monday, February 21, for Presidents Day. Regular programs will resume on Tuesday, February 22, at 9 a.m.

SPECIAL EVENTS

Cooking Demonstrations at the Center

[in person and online]

Chef Jackie Davison will conduct a cooking demonstration in person at the Center from 10 to 11:30 a.m. on Wednesday, February 23. The demonstration will also be available online. Jackie will also demonstrate new recipes in April, June, August, October and December. Participants who want to attend these cooking demonstrations in person and taste samples will need to register and pay \$10 in advance at the Reception Desk. In person class size will be limited so everyone can be safely distanced, so register early. For those choosing to join online, there will be no charge. For more information and to get a link to the virtual demo, email chefjackiedavison@gmail.com.



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,
TJ Fantini, 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

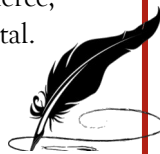
Join the many volunteers working at the Center. Contact Lea DeVere for more information.

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

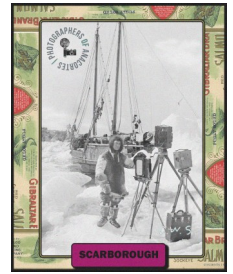
Writer, Editor and Graphic Designer: Lea DeVere
Distribution: Terri Antonio, Amanda Miller, Suzette Richards, Barbara Smart, Darcy Storme



Photographers of Anacortes

[in person]

Bret Lunsford, Director of the Anacortes Museum, will present a free in person program at the Center from 10:30 to 11:30 a.m. on Wednesday, February 16. The program will highlight the Museum’s newest exhibit featuring the city’s first photographers. These photographers were intrepid artists and talented technicians – restless and independent men and women who accomplished their art with the use of cumbersome equipment and heavy glass plates.



Chat with New Community Service Officer Brent Lindquist

[in person]

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

Sports Chat

[in person]

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, February 22. 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. Chat about your favorite sports – share your thoughts on upcoming games. Enjoy an hour of in person casual sport chat and enjoy wherever the conversation leads.

Bake Sale in Time for Valentine’s Day

[in person]

The sale will be held at the Center from 9 a.m. to 1 p.m. on Friday, February 4. Delicious baked goods, home-made 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.



Vaccination Clinic

[in person]

The Center is offering a second free COVID vaccination clinic for people 12 and older 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 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.



Tour the Anacortes Museum's Photographers Exhibit

[in person at the Museum]

Join Bret Lunsford at 1 p.m. on Wednesday, March 16, for a tour of the latest exhibit at the Carnegie Library Gallery. The exhibit spotlights the camera operators whose images allow us to see the city's emergence take shape. The exhibit will show you how to connect virtually to the Anacortes Museum's online encyclopedia of 70,000 historic images. Attendance is limited; sign up in advance at the Reception Desk. There is no charge for the tour.

Women's Pool

[in person]

Do you love to shoot pool or have you always wanted to give it a try? Come and join the Women Pool Players that meet to shoot pool and have a few laughs from 10 a.m. to noon every Tuesday and Thursday. There is no cost, pool cues are provided, and there are two pool tables. Players with any or no experience are welcome. This fun group will even teach you how to play. Going out to lunch after is optional but adds to the fun and friendship.



Chat with Karl

[in person]

Join the Anacortes Senior Activity Center's administrator Karl Wolfswinkel for a meet-and-greet at 10 a.m. on Tuesday, February 8. For this meeting, bring a relic that reminds you of a meaningful time in your life that you would be willing to share with the group. Karl would like to get to know everyone who comes to the Center personally, so please join him for this event.

The Silver Foxes Are Back!

[in person]

The Silver Foxes exercise group is back in person at the Center. 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 your mask and join in the fun!



AGING WELL

Your Voice, Your Choice

[in person and online]

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 meets from 1:30 to 3 p.m. on Friday, April 22. 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=Zm5adWRBTnlLUHdYTmlNT0xqMkc2Zz09>.

The Aging Mastery Program® Is Back!

[in person]

Save the date! The Aging Mastery Program, developed by the National Council on Aging (NCOA), is coming back to the Center from 5 to 6:30 p.m. on Wednesdays, April 13 through June 15. This ten-week comprehensive and fun program celebrates the gift of longevity. The program combines goal setting, daily practices and peer support to help you make meaningful changes in your life. It creates fun and easy-to-follow pathways for getting more out of life. The 90-minute sessions, led by experts in their fields, feature:

- ♥ Navigating longer lives
- ♥ Exercise
- ♥ Sleep
- ♥ Nutrition
- ♥ Financial fitness
- ♥ Medication management
- ♥ Advance planning
- ♥ Healthy relationships
- ♥ Fall prevention
- ♥ Community engagement

To register go www.cityofanacortes.org/1408/Aging-Mastery-Program. The cost for the series is \$60, which includes all class materials. Registration opens Monday, February 1. Thank you to ASAC Foundation for their support.

Aging Mastery Alumni Club Meetings

[in person]

If you have attended the Aging Mastery Program, join the AMP 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 February 3. You will have a chance to learn as well as 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, email Bonnie Nelson, Program Coordinator, at amp4alumni@gmail.com and she will get you on the list.



Ideas for Aging Well

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 two TED talks that consider important issues to think about at the end of your life.

- ♥ The first TED talk is titled "What Makes Life Worth Living in the Face of Death" by Lucy Kalanithi: www.ted.com/talks/lucy_kalanithi_what_makes_life_worth_living_in_the_face_of_death#t-950905
- ♥ The second is titled "What Really Matters at the End of Life" by Dr. B.J. Miller: www.ted.com/talks/bj_miller_what_really_matters_at_the_end_of_life/reading-list?c=162117#t-8454

WELLNESS

Wellness Tip: Blood Pressure

[in person]

High blood pressure (hypertension) is a symptomless "silent killer" that quietly damages blood vessels and leads to serious health problems such as stroke, kidney disease and more. Most of the time there are no symptoms and signs of high blood pressure. Since hypertension is symptomless, the best way to know if your blood pressure is in a healthy or unhealthy range is to get it checked. Using medications as prescribed and making positive lifestyle changes can help enhance your quality of life and reduce your risk of hypertension related health diseases. There will be free blood pressure checks offered at the Center from 9:30 to 10:30 a.m. on Tuesday, February 22.



Low Vision Support Group

[in person]

The group will meet from 10:30 to 11:30 a.m. on Thursday, February 24, for open discussion about vision-related issues. There is no charge. For more information, contact Suzette Richards at (562) 293-7114.

Wellness Day: Gentry House [in person]

Join Gavin Ellis, Director of Gentry House, for an in-person presentation at the Center from 10:30 to 11:30 a.m. on Tuesday, February 22. Gentry House is a non-profit social day program offering services for adults with dementia and their families. The program offers a safe environment for people to come and spend the day socializing, enjoying music and doing activities together while their home caregivers get a break from caregiving. Gavin Ellis has been the site director of Gentry House since 2014. Along with walking alongside his parents through his father's 13+ year journey of dementia, Gavin teaches an occasional Powerful Tools class. Ann Giboney will also be available to talk about her Anacortes caregiver support group.



Energy Medicine for Anxiety, Depression, and Pain [in person and online]

Dr. Steve Templin will present a free program at 10:30 a.m. on Wednesday, March 23, on energy medicine for anxiety, depression and pain. He will discuss how our nervous systems are programmed by prior life experiences to automatically respond to stress, the effect on our immune systems, and what methods we can use to restore balance to our autonomic nervous system (ANS). Dr. Templin is a Doctor of Oriental Medicine, Acupuncture Physician, HeartMath Trauma-Sensitive Certified Practitioner, and certified teacher of a number of energy medicine systems, with over 35 years of experience in the field. You can attend in person at the Center (no registration necessary), or you can join via Zoom. To attend virtually, click on <https://us06web.zoom.us/j/88566068913?pwd=bXdKZXlZLzBvYmxkb3psR2RsSCttdz09>



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/roirl?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.

Join Chef Jackie's Cookbook Club [in person and online]

Try out some 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 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. If you would like to join Chef Jackie, email her at chefjackiedavison@gmail.com.



Kidney Health: The Silent Epidemic [online]

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. 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: <https://www.youtube.com/watch?v=zeEGNWpGDaw>. For more information, contact Micki Jackson at 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 reflects on his driving past and what his future on the road might look like.

Go to:

<https://youtu.be/jWrV7GxC5p0>

<https://www.facebook.com/Northwest-Region-Target-Zero-110513107512843>

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



Arts & Crafts Scholarships

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 that you could participate in:

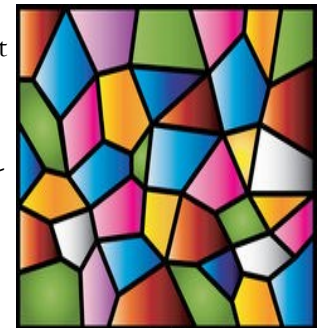
- ♥ Watercolor and Acrylics – Dee Doyle
- ♥ Weaving on a Table Loom – Liz Moncrief
- ♥ Mosaic and Stained Glass – Melody Hoover
- ♥ Basket Weaving – Jane Hyde

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.

Mosaic and Stained-Glass Workshop

[in person]

Instructor Melody Hoover will help you choose 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. Melody is available for one-on-one instruction during the class. The fee for this instruction is \$50 and covers all instruction you need for an unlimited time.



CREATIVE EXPRESSION

Color Theory for Watercolor and Acrylics

[in person]

Local artist Dee Doyle's classes in 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 \$20 per class. For further information and supply list, contact Dee Doyle at deedoyle11@gmail.com or call 630-0208.

Cultured Palette

[in person]

The Cultured Palette group is meeting again at the Center from 1 to 3 p.m. every Friday. This group includes artists working in various media. Watercolor, acrylics, ink and colored pencils are all welcome. Bring your supplies and your creative energies.



Cultured Purls Knitting Guild

[in person and online]

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 February 1 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/83794619258?pwd=NUNweXJ5RC9iUHh2WUxnWDJWYmc1QT09>

Basket Weaving

[in person]

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

- ♥ Thursday, February 17
- ♥ Thursday, February 24

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.



Creative Circle

[in person and online]

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 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.

Ukulele Class

[in person]

Linda Zielinski leads an ongoing intermediate-level ukulele jam from 1:30 to 2:45 p.m. on Thursdays. There is no cost, but donations to the Senior Activity Center are welcome. To lessen potential covid aerosols, this class will be completely instrumental - no singing. For questions regarding the class, email Linda at zuke.uke@gmail.com and include your phone number in the email.

Sewing Seniors

[in person]

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, February 10. 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.



FITNESS

Stretch and Move Yoga

[in person]

Join Laifong Nelson for her Stretch and Move Yoga class.

Her next class will be from 10 to 11 a.m. starting on Wednesdays, February 9 through March 9. 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 class is \$60. 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

[in person and online]

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>

T'ai Chi Chih

[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.



American Sign Language Practice Group

[in person]

The American Sign Language (ASL) Practice Group is meeting again 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!

LANGUAGE AND DISCUSSION

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 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.

Fidalgo Book Group

[in person]

The group meets from 9:30 to 11 a.m. on the first Thursday of each month. At the next meeting on February 3, the group will discuss *Perestroika in Paris* by Jane Smiley. The story involves a talking inquisitive racehorse who escapes from his barn in Paris and meets up with a resourceful dog, a haughty raven, a pair of squabbling ducks, and an eight-year-old boy who explore Paris together. The storytelling and writing of this Pulitzer-prize-winning author are superb. For the March meeting, the group will read *The River of Doubt: Theodore Roosevelt's Darkest Journey* by Candice Millard. For information, contact Terri Bawden at (509) 670-4412 or email terri-bawden@hotmail.com.



GAMES

Pinochle

[in person]

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

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.

Free COVID Tests

Households are now eligible for 4 free at-home COVID-19 tests. To order your free tests, go to <https://www.covidtests.gov/>. You can also submit your order directly through the United States Postal Service by going to <https://special.usps.com/testkits>. Orders will ship in late-January.

Hazardous Weather

Throughout the winter, plan for the Center to remain open. 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 wanting 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. Let us all stay safe as we look forward to spring.



Please Stay at Home When Not Well

Help us minimize the spread of illness at the Center. If you think you are experiencing symptoms of a potentially contagious disease, 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.

Free Art Books

Last chance! There are still many art books available at the Center free for the taking. They will no longer be available starting at the end of February.

SERVICES AT THE SENIOR CENTER

Help with Medical Insurance Questions

[online or by phone]

Schedule a telephone or virtual appointment for a free, one-on-one, unbiased and confidential help with Medicare and Medicaid. Volunteers are highly trained regarding choices 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 for an appointment.



Free Computer Clinic Assistance

[in person]

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

[in person]

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



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. Please 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 – these two pantries are located just outside the buildings and are available 24 hours a day. All of the pantry locations are restocked frequently.

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 senior-center.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.

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. Call (360) 416-1500 for more information and to sign up for Meals on Wheels. Meals are provided by the Skagit County Senior Nutrition Program.

RESOURCES AND PROGRAMS

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.



Alzheimer's Disease Support Group

[in person]

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.

Tax Assistance

The Anacortes Tax-Aide site located at the United Methodist Church is planning to open on February 7, Mondays and Tuesdays. Due to Covid restrictions, access to our services will be limited again this year and appointments are required. You may leave a message at (360) 474-7182 or email us at

AnacortesTaxAide@gmail.com.

Someone will be in contact with you to schedule an appointment.

Once you have an appointment you may pick up your packet from the Anacortes Senior Center. For more information, visit taxaideskagit.org.



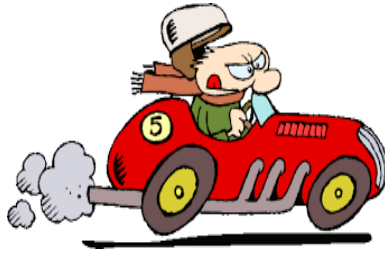
Hearing Loops in Anacortes

In Anacortes, you will find them at our Center, as well as in the City Council chamber, in the meeting room at the Anacortes Library and at the Anacortes Community Theater. Hearing loop systems take sound straight from the source and deliver it right into the listener's hearing aid without extraneous noise or blurring. It turns hearing aids into wireless earphones that broadcast sound customized for hearing loss. Hearing loops can also be used by people without hearing aids through the use of portable receivers. We have those available at the Center as well. If you have any questions or would like a demonstration of the loop system at the Center, call (360) 293-7473.

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.

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 four days:

- ♥ Tuesday, February 8,
- ♥ Thursday, February 10
- ♥ Tuesday, February 15, and
- ♥ Thursday, February 17.

There will be virtual classes offered in 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 aarpwashington-driversafety@gmail.com.

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 at the Center 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 6-12 months).



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.

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 creates a personalized report identifying programs that might be useful to you. Go to www.benefitscheckup.org.

Individuals at Risk or in Isolation

If you find yourself isolated and need assistance in either picking up or having food and/or 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. You will receive a response in 24 hours.

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.
- ♥ 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 also needed. A pick-up truck is handy, but not necessary.



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.

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.

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. The Assessor's Office service counter is not currently open to the public. 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, Mount Vernon, WA 98273.

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, copier, office supplies, postage
- ♥ Furnishings and equipment
- ♥ Staff support
- ♥ Kitchen supplies, coffee and tea
- ♥ Fundraising expenses
- ♥ Special projects
- ♥ Building improvements and 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

Dietary Strategies for Managing High Cholesterol

Chronically elevated cholesterol levels increase risk for heart attack and stroke. Join Registered Dietitian Amber Phillips for a free online talk from 2:30 to 3 p.m. on Wednesday, February 9, on small changes you can make to your diet beyond the standard advice to reduce saturated fat and cholesterol intake. Call (360) 299-4204 or email communityed@islandhospital.org to sign up.

Practical Mediterranean Diet

The Mediterranean diet has been shown to support healthier blood pressure, cholesterol and body weight. Join Registered Dietitian Amber Phillips from 10 to 11 a.m. on Thursday, February 24, for a free online overview of this exciting eating style and practical tips or making it work for you. Call (360) 299-4204 or email communityed@islandhospital.org to sign up.



Aging in Place

Join Käären Flint, Community Outreach and Education Specialist with Hospice of the Northwest, for a free online presentation from 10:30 to 11:30 a.m. on Thursday, February 10. Learn tips and strategies for healthy aging and how to stay in your home longer. Call (360) 299-4204 or email communityed@islandhospital.org to sign up.

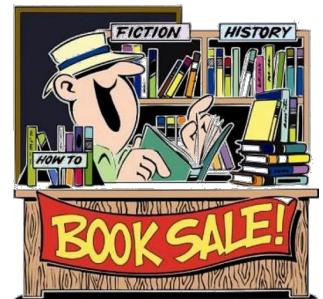
ANACORTES LIBRARY PROGRAMS

Blind Date with a Book

Need a Valentine Date? Want to spice up your reading life? Try out a new genre or fall in love with a new author this February with “Blind Date with a Book” Starting February 1. Pick up a pre-wrapped book to check out and take home as your mystery date. There are books in every genre for all ages to pick from. Return the book with the enclosed review bookmark to let us know how your date went.

Friends of the Library Book Sale

The Friends of the Anacortes Public Library will hold a book sale from 11 a.m. to 3 p.m. on Friday, February 4, and Saturday, February 5. February is the month to fall in love with an author or new series! The bookshop has a new look and new titles available. In honor of Valentine’s Day, there will be red bags filled with romances for you and your sweetheart. All proceeds fund the library’s book purchases as well as children’s programs and new books.



Adult Take and Make Program

Pick up a special “book love” Valentine project. Starting February 1, kits can be picked up at the desk in the Dr. Sylvia Maxson Children’s Library. Available while supplies last.

Umoja (Unity) – Sustaining African Cultural Arts

Explore the depth and significance of African culture, from its communal philosophies to its lively song and dance at a live Zoom

event at 6 p.m. on Wednesday, February 16. In this interactive talk, artist Afua Kouyaté shares pieces of African culture and folkloric traditions. Using seven principles as a framework, Kouyaté tells the story of her life and of Africa's rich culture to inspire you to root deeper through your own culture. Afua Kouyaté is a performing and teaching artist who specializes in cultural arts leadership. Registration is required.

Visit library.cityofanacortes.org to sign up.



FIDALGO POOL & FITNESS

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.

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. To register or for more information, call (360) 293-0673 or visit www.fidalgopool.com.

Core and More

This class meets from 8 to 8:45 a.m. on Mondays and Fridays and focuses on proper activation of the deep core muscles and how to integrate them into entire body movements to enhance muscular-skeletal health. Stability,



mobility and flexibility exercises for the spine will be practiced. To register or for more information, call (360) 293-0673 or visit www.fidalgopool.com.

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. To register or for more information, call (360) 293-0673 or visit www.fidalgopool.com.

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.

What You Can Do to Avoid a Scam

- ♥ **Block unwanted calls and text messages.** Take steps to block unwanted calls and to filter unwanted text messages.
- ♥ **Do not give your personal or financial information in response to a request that you did not expect.** Legitimate organizations will not call, email, or text to ask for your personal information like your Social Security, bank account, or credit card numbers.
- ♥ If you get an email or text message from a company you do business with and you think it is real, it is still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Do not call a number they gave you or the number from your caller ID.
- ♥ **Resist the pressure to act immediately.** Legitimate businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.



- ♥ **Know how scammers tell you to pay.** Never pay someone who insists you pay with a gift card or by using a money transfer service. And never deposit a check and send money back to someone.
- ♥ **Stop and talk to someone you trust.** Before you do anything else, tell someone – a friend, a family member, a neighbor – what happened. Talking about it could help you realize it is a scam.

QUESTIONS?

Call the Center If You Need Information

If you do not see the resources you need, or cannot access them due to lack of computer, call (360) 293-7473. Staff is in the office during open hours from 9 a.m. to 3 p.m. Monday through Friday. Press #1 to reach the office staff; press #2 to reach the nutrition program. Please leave a message if you reach the answering machine.



Age happy ...
healthy ...
& worry-free!



Aging Mastery

For all those who want
to learn to age well!



Wednesdays, April 13-June 15
5 to 6:30 pm

Classes will meet in person at the Anacortes Senior
Activity Center, 1701 22nd Street, Anacortes

Cost: \$60 Scholarships are available

Sign up beginning February 1

To register, go to:

www.cityofanacortes.org/1408/Aging-Mastery-Program

For more information, call (360) 293-7473.

In person sessions are subject to change as needed for COVID safety

Funded by Anacortes Senior Activity Center Foundation

The Aging Mastery Program[®] combines classes with expert speakers, group discussions and goal setting to help you gain new skills in order to make small meaningful changes in your life.

Topics include:

- Navigating longer life
- Exercise and you
- Sleep
- Healthy eating and hydration
- Financial fitness
- Advance planning
- Healthy relationships
- Medication management
- Community engagement
- Falls prevention

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	Every Week 9:15 American Sign Language Practice 9:30-11:30 Computer Assistance 10-12 Women's Pool 11:30-12:30 LUNCH 1:30 Silver Foxes 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 Silver Foxes 1:30 Ukulele Chording and Strumming Jam	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
	11 Cultured Purls 1	2	9:30 Fidalgo Book Group 11 AMP Alumni 11:30 Needlepoint Guild 3	9-1 BAKE SALE 4
11 Receptionists Meeting 7	10 Chat with Karl 8	9	9:2-3:30 Sewing Seniors 10	9:30-2:30 COVID Vaccination Clinic 11
14	10 Chat with CSO Brent Lindquist 15	1 Anacortes Museum: Early Photographers 16	9:15 Basket Weaving 17	9:15 Basket Weaving 18
CLOSED For Presidents Day 21	10 Sports Chat with Dustin South 10:30 Wellness Day: Gentry House 22	10 Cooking Demo with Chef Jackie 23	9:15 Basket Weaving 10:30 Low Vision Support 24	9:15 Basket Weaving 25
28	February 2022			

February 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

	1 Asian Chicken Salad served with a Hawaiian Roll	2 3 Bean Casserole served with Cornbread	3 Beef Tips with Mashed Potatoes served with a Spinach Salad	4 Greek Fish Florentine se with Mango Chunks
7 Pork Roast and Gravy served over Mashed Potatoes	8 Pastrami and Swiss on Rye served with a Buttermilk Salad	9 Oven Baked Cornflake Chicken served with a 3-Bean Salad	10 Valentine's Day Lunch Salmon Patty over Pasta served with Mixed Berries	11 Stuffed Pepper Cup served with Sunshine Carrots
14 Spaghetti and Meatballs served with a Caesar Salad	15 Chicken Fried Steak served with Mashed Potatoes and Gravy	16 Chicken Verde Casserole served with Navajo Peach Crisp	17 Butternut Squash Lasagna served with Apple Slices	18 Ham and Swiss Quiche served with a Pea Salad
21 CLOSED 	22 Sweet and Sour Chicken over Rice served with Asian Vegetables	23 Split Pea Soup served with a Half Deli Sandwich	24 Biscuits and Gravy served with Hot Fruit Compote	25 Sauerbraten served with Red Cabbage and Birthday Cake
28 BBQ Chicken Wrap served with a Macaroni Salad				

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