A picnic, a class on different views of the earth, a hike in the forest, art camp, some table tennis and a drawing class — does this sound like August to you? Read on for more information about these opportunities and many more at the Center in the month ahead.

This morning, the sun endures past dawn.
I realize that it is August: the summer’s last stand.
~ Sara Baume

WHAT’S NEW

Celebrating 50 Years
In person at the ASAC

The Anacortes Senior Activity Center will be celebrating its 50th Anniversary with an open house from 1 to 4 p.m. on Saturday, September 30. There will be live music, demonstrations and displays from our talented instructors and participants, and hors d’oeuvres catered by Gere A Deli.

Sally Hill Pavilion Construction

Through the month of August, the northeast corner of the ASAC property will be under construction. Originally designed as a children’s playground, the site will now be transformed into a wonderful pavilion for outdoor gatherings. This project is a culmination of two years of discussion amongst our regular participants, staff and ASAC Foundation board members. We are thankful to the ASAC Foundation for funding the project and to all who contributed. The project will be completed in late August or early September.
Tapping for Anxiety
In person at the ASAC
Dr. Steve Templin will be teaching a practice called “Tapping” that can help reduce stress and manage anxiety. This free course will meet for two sessions from 10 a.m. to 12 p.m. on Wednesdays, August 23, and August 30. This is a two-part class; plan on coming to both classes. Tapping is a powerful self-help tool that works with connections between the mind, emotions and acupressure points. You will learn about studies that validate Tapping therapies and about the Eastern and Western theories and the emerging science behind the techniques. You will have time to practice so you can use this tool with confidence to help yourself and loved ones. Steve Templin is a retired Doctor of Oriental Medicine, Acupuncture Physician, and HeartMath Trauma-Sensitive Certified Practitioner.

Beginning Drawing
In person at the ASAC
Local artist Greg Dugan will be teaching a beginning drawing class from 12:30 to 2 p.m. on Thursdays, August 3 through August 31. The class will cover materials, techniques, and different approaches to creating a drawing from start to finish. The cost is $75. Sign up and pay in advance at the Reception Desk.

Hula Class
In person at the ASAC
Elaine (Kaleonani) York will teach a beginning level Kupuna Hula class from 1:30 to 2:30 p.m. on Thursdays, September 14 through October 19. Kupuna Hula is designed for dancers 55 and over. While it is not strenuous, you will need to be able to bend your knees, turn, move your arms freely, and dance barefoot. There is a $15 materials fee, payable to the instructor at the first class. Contact Elaine to sign up at elaine45york@yahoo.com.
Avoiding Scams
In person at the ASAC
Join Brent Lindquist, Community Service Officer with the Anacortes Police Department, from 1 to 2 p.m. on Tuesday, September 19, to learn about all varieties of scams, including telephone, internet and everything in-between. Learn how to quickly spot these scams and avoid becoming a victim.

Emergencies: Alerts and Warning Signs
In person at the ASAC
Vanessa Ochoa from the Skagit County Emergency Preparedness and Response Division of Public Health will be at the Center from 11 a.m. to noon on Friday, August 18, to talk about preparing for emergencies. No signup is necessary, and there is no charge.

Coffee with a Port Commissioner
In person at the ASAC
Join Port Commissioner Bonnie Bowers for coffee and a chat from 1:30 to 2:30 p.m. on Monday, August 21. Learn about the history of the Port of Anacortes, the Port’s commitment to economic vitality in the Anacortes community, the Port’s legacy of environmental clean-ups, and what is anticipated in moving the Port forward in the coming years. The event is free, and everyone is welcome.

Advance Care Planning
In person at the ASAC
Join Talon Windwalker from Hospice of the Northwest from 1:30 to 2:30 p.m. on Tuesday, September 12, to learn how to do your end-of-life paperwork. Learn about advance directives, physician orders for life-sustaining treatment (POLST) and more. Talon will be available for one-on-one appointments between 1 and 2:30 p.m. on Friday, September 15, for personalized help in working through options and filling in the paperwork. Contact Talon at (360) 720-5212.

Table Tennis
In person at the ASAC
The Anacortes Table Tennis Association (ATTA) will be playing table tennis at the Center from 1 to 3:30 p.m. on Mondays through August 28. Anyone interested in playing table tennis (ping pong) is welcome to join no matter what your skill level. The club will have two tables available, and you will be able to play either singles or doubles. During the school year, ATTA participants play at the Anacortes Middle School two nights a week. ATTA was formed over 25 years ago to promote the sport of table tennis.

Washington Park Picnic
In person at the park
This year, our annual picnic will take place on Thursday, August 24, at Washington Park. There will be special entertainment at 11 a.m. with the jazz group Newton’s Law. Come early, get a good seat and enjoy the music! A picnic lunch will be served at 12 noon at the lower picnic site at Sunset Beach. The menu will feature:

- Turkey cranberry croissant
- Chips
- Watermelon
- Tortellini salad
- Cookie

NOTE: There will be no meal served at the Center on August 24. For those 60 and over, there is a suggested donation of $5. Those under 60 will be charged $7. Reservations are required at the Reception Desk.

Living in Mexico
In person at the ASAC
A good number of U.S. citizens choose to live part of their lives in Mexico. Have you ever wondered why? What does it take? What is it like to live in Mexico as a U.S. citizen? How safe is it? Can foreigners own property there, and can they work there? Find answers to these questions and others at a free program at 1 p.m. on Wednesday, August 30. Presenter Carolyn Hewitt has lived part time in Baja California, Mexico since 1995.
Different Views of the Earth
In person at the ASAC
Join Jim Strong from 1 to 2:30 p.m. on Tuesdays, August 8 through August 29, for free classes on different aspects of the ocean and water resources. The classes will cover commercial marine traffic, rivers, ocean weather, storms, and ice at the poles. Jim has taught science in colleges and community colleges in Tennessee, Michigan, Pennsylvania, Kentucky, and Washington over his 36-year-long career. In all the courses, Jim says the information will be up to date to the minute ... no ancient history (well, almost none).

History Outside -- Murals, Signs and Walking Tours
In person at the ASAC
Enjoy a mini exhibit of new murals and signs created for the Anacortes community by the Anacortes Museum. The exhibit, on display at the Center, features proof prints of some of the new signs installed around Fidalgo Island. These interpretive panels feature signs currently installed at the top and base of Cap Sante, and across the marina near the skate park. The exhibited print proofs now at the Center are largely the same as the actual installed signs, though minor changes may have been made before installation.

Momentia Group
In person at the ASAC
Would you like to join a fun and supportive group that encourages activity for people with dementia and their support people? This group enjoys art, music, education and fun activities. Momentia Group meets from 12:30 to 2 p.m. on the second Wednesday of every month. For information, call Kati at (360) 399-3235 or email her at DSM@lighthousememorycare.net.

Anacortes Senior College
In person at the ASAC and at Anacortes Middle School
Registration for fall classes opens on Monday, September 11. Some classes meet for six weeks ($30), and some for three weeks ($20). Go to the ASC website for online registration and course descriptions and schedule. For information, call (360) 503-1255 or go to info@seniorcollege.org.

Coffee with a Council Person
In person at the ASAC
Join Anacortes City Council Member Amanda Hubik for a chat at 1:30 on Wednesday, August 16. Bring your questions and learn about the work of the City Council in a comfortable, informal setting ... coffee is available in the Center lounge.

Senior Hike – Whistle Lake
In person in the Forest Lands
Join Friends of the Forest on an immersive walk through the Anacortes Community Forest Lands starting at 9 a.m. and ending around 11 a.m. on Monday, August 14. Meet at the Whistle Lake parking lot, to explore the areas around the ACFL’s deepest lake. The pace of this hike will be slow. Feel free to bring your own field guides, binoculars, magnifiers, and whatever gear you will need for walking on trails. RSVP is preferred. Go to bit.ly/ASAC_hike to sign up, or you can email ellie@friendsoftheacfl.org.

Reiki for Relief of Pain, Stress and Anxiety
In person at ASAC
Reiki energetic “tune up” sessions are being offered again at the Center on Wednesdays between 1 and 2:30 p.m. Sign up for a 15-minute appointment at the Reception Desk. Reiki is non-invasive, gentle and relaxing, helping with pain relief and stress reduction. It is safe for all ages and circumstances and can help relieve stress, anxiety and physical discomfort. A donation of $5 is suggested. NOTE: There will be no appointments on August 23 or August 30.
MASTERING AGING

Aging Mastery Program
In person at the ASAC

The Aging Mastery Program, developed by the National Council on Aging (NCOA), is coming back from 5 to 6:30 p.m. on Wednesdays, September 13 through November 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

The cost for the series is $60, which includes all class materials. To register go to www.cityofanacortes.org/1408/AgingMastery-Program. Registration opens Monday, August 7. Thank you to ASAC Foundation for their support.

Ideas for Aging Well
Online

Bonnie Nelson, Coordinator for the Center’s Aging Mastery program, shares videos and online articles that offer inspiration on aging well. This month she shares a video by Dr. Kristin Neff titled The Space between Self-Esteem and Self-Compassion:

www.youtube.com/watch?v=IvtZBUSplr4

Aging Mastery Alumni Meetings
In person at the ASAC

If you have attended the 10-week Aging Mastery Program and want to continue learning about 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 the meeting will be held on Thursday, August 3. 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 would like to join the alumni group meetings, email Bonnie Nelson, Program Coordinator, at amp4alumni@gmail.com to be added to the list.

FITNESS

Functional Fitness
In person at the ASAC

The Center’s newest fitness class meets from 10 to 11 a.m. on Mondays and Wednesdays. The class blends functional movements, such as squatting, reaching, pushing and pulling, with balance exercises and strength training. This class will be taught by fitness veteran Deb Nicol. Deb has been working in the fitness industry for over 20 years with a specialty in Pilates. There will be a $4 class fee paid directly to the instructor. Come any time. You can purchase a 10-class discount pass for $35. For more information, contact Deb at nicoldeborah44@gmail.com.

Silver Foxes Exercise Group
In person at the ASAC

This Silver Foxes exercise group uses the popular Richard Simmons exercise video entitled Silver Foxes and meets at the Center 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. There is no charge for the class; just show up in comfortable clothes and join in the fun!
**Line Dancing**  
**In person at the ASAC**

Line dancing meets every Friday from 8:30 to 10 a.m. Instructor Kim Hargrove will teach the first Friday, Kathy VanLuven will teach the third Friday, and Jackie Anderson will lead practices on the Fridays in between. Join this energetic fun group. You are guaranteed to have a great start to your Friday morning with lots of “grins ’n giggles.” The cost for the instructed classes is $10 per dancer or $15 per couple. Donations to the Center are welcome for the practice sessions. For more information or to get on the mailing list, email Jackie at jackie_jla@msn.com.

**Ballroom Dancing**  
**In person at the ASAC**

Dance to the music of the big band era with Taylor Winningham from 10 to 11 a.m. on Thursdays. Each class is designed to help facilitate your growth in all types of dances that you learn. Taylor has been formally dancing since he was 19. He has competed, taught and performed in his home state of Arizona, and is excited to bring ballroom dance to Anacortes. The cost of the class is $10 per person per class. Pay Taylor in class. The class is open-ended; drop in anytime.

**Footcare**  
**In person at the ASAC**

Footcare services with Donna and Lynn are now available at the Center. If you would like to make an appointment, call (360) 293-7473. The cost is $35 for toenails and $6 for fingernails. Payment is made to the providers. Checks are accepted, but cash is preferred.

**Seated Wellness**  
**In person at the ASAC**

Rita Yribar offers a free in-person chair Yoga class every Tuesday from 2 to 3:15 p.m. The class is based on Hatha Yoga but emphasizes postures that help strengthen the core and balance. It is a moving meditation class that includes chair Yoga postures, self-awareness, breath work, occasional QiGong and self-massage. Each person moves at the level that is best for them. There is a voluntary $2 donation suggested for each class, payable to the instructor. There is no class on August 22 or August 29.

**Wellness Tip: Eat Vegetables and Fruit**

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

When purchasing fruits and vegetables, buy:

- A variety of colors and when they are fresh and in season
- Canned vegetables low in salt
- Frozen vegetables without butter or sauces
- Canned fruit in 100% juice, not syrup
- Frozen or dried unsweetened fruit
- Here are some ways to help you eat more fruits and vegetables:
  - Cut them up ahead of time and keep them in the refrigerator for a quick snack
  - Keep a bowl of fruit where it can be seen
  - Try a new fruit or vegetable every week or two
Vaccination Clinic
In person at the ASAC
Skagit County Public Health is offering free COVID boosters and flu shots at the Center, as well as Tdap boosters (tetanus) and pneumonia and shingles shots for those who are uninsured or underinsured. Drop in anytime between 10:30 a.m. and 1 p.m. on Thursday, August 17. **No appointment is necessary.** The COVID primary and boosters will be for ages 12 and older and are Pfizer-BioNTech vaccines. The flu shots will be the regular dose for those 19 years and older (these are not the senior high doses). There will be information available on a variety of topics related to staying healthy. This month will feature dental services.

Help Doing Your Advance Directive
In person at the ASAC
Talon Windwalker from Hospice of the Northwest will be available from 10 to 11 a.m. on Thursday, August 3, to provide one-on-one help filling out Advance Directives, Health Care Durable Power of Attorney (HCDPOA) and POLST (Portable Orders for Life-Sustaining Treatment) forms. Talon will provide the documents to you free of charge if you need them. Contact Talon at (360) 720-5212.

Blood Pressure Checks
In person at the ASAC
There will be free blood pressure checks offered from 9:30 to 10:30 a.m. every Tuesday. 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. 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.

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

♥ Reduce long periods of time spent sitting. Take a break of three to five minutes every 20 to 30 minutes. Simply stand up and stretch or take a walk around the house.

♥ Plan a physical activity or an exercise break by yourself or join an online class. Set a time and stick to it.

♥ Get enough rest at night. A cool, dark room is best. For good physical health, most people need seven to nine hours of sleep per night to function at their best.

♥ Eat a balanced diet. This means eating a wide variety and the right amount of food.

♥ Keep yourself hydrated. Drink eight 8-ounce glasses of water each day.

♥ Once a year, review your medications with your doctor and have your vision checked.

♥ Find ways to improve your balance and strength.

♥ Make changes in your home to help you prevent falls. Remove throw rugs, improve quality of light, and put grab bars in the shower or by the toilet. Use a shower bench in the shower. In the kitchen, move items you use daily to lower shelves.

♥ Practice good lifting techniques and wear proper footwear inside and outside.

Vial of Life
Available at the Center
Available at the ASAC
Vial of Life provides Emergency Responders nationwide with critical medical information that helps them provide appropriate and timely treatments. The Vial of Life includes a self-contained kit with instructions, two decals, medical information forms, and a Physician Orders for Life-Sustaining Treatment (POLST) form. Ask at the Reception Desk for a free Vial of Life.
**SongShine™**  
In person at the ASAC

SongShine™ is a music-based Arts in Healthcare Program for those challenged by Parkinson’s Disease, stroke, other neurological disorders, or aging voices. SongShine is held every Monday from 2:30 to 3:30 p.m. The class combines vocal music and drama-based exercises to help people with vocal challenges communicate more easily and clearly. Instructor and Speech-Language Pathologist Libby Lewis is accompanied by pianist David White, Licensed Marriage and Family Practitioner. Libby provides speech therapy to adults in the local area. As a mental health counselor, David often incorporates music therapy into his practice. SongShine™ is not speech, music or drama therapy and is not meant to replace these or other medical services. The cost per class is $12 (discount with a punch card). To register, contact Libby Lewis at (360) 230-8010.

**Low Vision Support Group**  
In person at the ASAC

The group meets from 10 to 11 a.m. on the fourth Thursday of each month. This month the meeting will be on August 24. Meeting topics are geared to helping those who are experiencing any level of vision loss, even if temporary. You will learn about resources and services available to allow you to adapt and live a full and satisfying life. Even if you personally are not experiencing vision loss, you can glean information to help your friends and family members who may be reluctant to admit vision loss.

**Skagit/Island Council of the Blind**  
In person at the ASAC

Following the monthly Low Vision Support Group on the fourth Thursday of each month, join with members of the Skagit and Island Counties Council of the Blind from 11 a.m. to 12 noon. This month the meeting will be on August 24. Learn more about how people who have been living with blindness and low vision have learned to make adaptations and advocate for their needs to participate fully in life. Affiliation with the Washington Council of the Blind and American Council of the Blind connects this local group with nation-wide experiences and resources. The meeting is usually followed by lunch at the Real Tequila at 12:15 p.m. For more information, contact Andy Arvidson at (425) 218-0190 or at arvidsonandy@gmail.com.

**Disposal of Old or Unused Medication**  
Available at the ASAC

If you have expired or unwanted medications, you may return them by mailing them back. Medicine mail back envelopes are available at the Center. To protect your privacy, remove all personally identifiable information on prescription labels. You can mail back medication in any dosage or form such as pills, tablets, liquid, powder, cream or ointment. Do not include herbal remedies, vitamins, supplements, personal care products or syringes. For more information, go to www.MED-Project.org. You can also drop off unused medication at the Anacortes Police Department, Rite Aid, Safeway and Skidmore Pharmacy.

**SHIBA Medicare Counseling**  
In person at the ASAC, phone or online

If you are becoming eligible for Medicare due to turning 65, retiring after 65 or through disability, a volunteer SHIBA counselor can help you with eligibility, enrollment, costs and options. This month, SHIBA individual counseling appointments will be available on Mondays, August 7, and August 21. SHIBA (Statewide Health Insurance Benefits Advisors) offer confidential unbiased information on your insurance options. One-on-one counseling is by appointment only. Phone and Zoom appointments are available daily with volunteers. For an in-person consultation, email ginnyshiba@gmail.com.
CREATIVE EXPRESSION

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
- Drawing – Greg Dugan
- 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.

Ukulele Jams
In person at the ASAC

Come and join in the weekly ukulele jams that meet at the Center from 1 to 2:30 p.m. on Fridays. Tune those ukes, practice your chords, join your friends and play some ukulele together. Or just come and sing some old favorite songs!

Basket Weaving
In person at the ASAC

Jane Hyde will teach basket making from 9 a.m. to 3 p.m. on Thursday, August 17, and Thursday, August 24. Jane is limiting attendance in her classes to eight students per class. Sign up in advance. Call Jane at (360) 661-7477 to sign up and for more information on the class.

Come Play with the Divas
In person at the ASAC

“If you ever played dress-up as a child, check in with the Divas,” says Anita Luvera Mayer. All who participate have different ideas for creating ways to adorn their bodies. Come and play with the Divas from 10 a.m. to noon on the second Wednesday of every month except December. While many are members of Fidalgo Island Quilters, membership is not required.

Rock Painting
In person at the ASAC

This fun group meets on Fridays from 12:30 to 3:30 p.m. Everyone from novice to seasoned painters is welcome. The goal of the group is to paint enough rocks for upcoming Center fundraising events as well as to have a Painted Rock display at the Center. Rocks, paints, brushes, paint pens, sealers and various supplies are available for you to use or bring your own.

Island Artists
In person at the ASAC

The Island Artists group meets 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. No pastels, please. Bring your supplies and your creative energies.

Creative Circle
In person at the ASAC and online

Creative Circle meetings are held every Monday, from 9 a.m. to noon. Those gathering 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 join those gathering at the Center, contact Deborah Francis at (360) 720-2699 or deborahfrancisfinearts@gmail.com.
Mosaic and Stained-Glass
In person at the ASAC

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. Melody is available for one-on-one instruction during the class. The fee for this instruction is $50, paid to the instructor in class, and covers all instruction for an unlimited time.

Woodcarving
In person at the ASAC

Join instructor Dick Weber and other carvers from 9 a.m. to 12 p.m. on Mondays. All skill levels are welcome. Carvers need to have their own tools and wood for their chosen projects. Assistance will be offered to help you find ways to deal with problems that might develop in carving or in finishing a project. Dick will help beginning carvers learn how to obtain tools and wood, and he will make suggestions on appropriate projects that he feels the carver can successfully achieve. This class is all hand carving, no power tools or wood burning. There is a $5 fee paid to the instructor each week you attend.

Cultured Purls Knitting Guild
In person at the ASAC and online

Join fellow knitters for knitting, projects for the community, new skills, conversation and occasional speakers from 11 a.m. to 1 p.m. on the first Tuesday of the month. The next meetings is on August 1. If you have any questions about Cultured Purls, contact Pat Buckley at (206) 200-3824. If you want to join any meeting online, go to www.anacorteswa.gov/1492/Zoom-Central.

Art Camp in Watercolor and Acrylics
In person at the ASAC

Have fun at “camp” in August with art instructor Dee Doyle. Mix it up by exploring mixed media elements, such as mono-printing, collage, gels, pastels, pen and ink, stamping and stenciling, and texturizing with whatever you want. Each week, Dee will provide some coaching and instruction on how to use certain elements, but the rest is up to you. Bring your regular complements of paints to class, and Dee will provide some of the gels, mediums, pastels, pens, etc. Acrylic classes meet from 9:30 a.m. to noon on Mondays and watercolor classes meet from 9:30 a.m. to noon on Fridays. Some experience is preferred, but not necessary. Drop-ins are welcome. The cost is $20 per class. For further information and a supply list, contact Dee Doyle at deedoyle11@gmail.com or call (360) 630-0208.

Sewing Seniors
In person at the ASAC

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 twice monthly, from 9 a.m. to 3 p.m. on the second and fourth Thursday of each month. 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: There is no lunch service at the Center on Thursday, August 24.

LANGUAGE AND DISCUSSION

Lunch with CSO Brent Lindquist
In person at the ASAC

Join Anacortes Police Department’s new Community Service Officer Brent Lindquist for a chat during lunch on the third Tuesday of every month. He will be at the Center from 11:30 a.m. to 12:30 p.m. on Tuesday, August 15. Everyone is welcome.
Ham Radio  
*In person at the ASAC*

The Skagit Amateur Radio Emergency Communications Club meets at the Center every Tuesday from 10 a.m. to noon. Amateur Ham Radio has been around since the 1890s. To become a Ham operator, you need to take the FCC 35 multiple choice test (no Morse Code needed). Once you pass the test, you are ready to get on the air. Radios can be purchased for as little as $35. Whether it is during a disaster when all other communications are not working or just for the fun of talking to others and learning something new, amateur radio is there for you. Everyone is welcome. For more information, contact Dean Becker at dean-becker@comcast.net.

Spanish Conversation  
*In person at the ASAC*

Join others in learning and practicing Spanish from 1 to 3 p.m. every Tuesday at the Center. The main goal of the class is to learn to speak Spanish. The class does involve learning Spanish grammar, but the main focus is conversation. The group also occasionally sing some Spanish songs! The class is free, but you will need to purchase one workbook for the class; the cost is around $11. The class is currently at an intermediate level of Spanish proficiency. Everyone is willing to help new students. You can join the class at any time.

Fidalgo Book Group  
*In person at the ASAC*

The group meets from 9:30 to 11 a.m. at the Center on the first Thursday of each month, September through June. The next meeting will be on September 7, and the book the group will be discussing is *Flight Behavior* by Barbara Kingsolver. This is a brilliant and suspenseful novel set in present-day Appalachia centered on a young wife and mother on a failing farm in rural Tennessee who experiences something she cannot explain, and how her discovery energizes various competing factions — religious leaders, climate scientists, environmentalists, politicians — trapping her in the center of the conflict and ultimately opening up her world. For October, the read will be *The Ministry for the Future* by Kim Stanley Robinson. For more information, contact Terri Bawden at (509) 670-4412 or at terribawden@hotmail.com.

Communicating with Hearing Loss  
*In person at the ASAC*

Join Joel Bergsbaken from the Bellingham Hearing Speech and Deaf Center for a free consultation on hearing and related communication issues. These consultations will provide support and education for individuals with hearing challenges, their caregivers, and family and friends to help improve communication in everyday life. These are not medical appointments or tests; rather they are consultations to learn how to improve hearing and communication. Appointments are for 50 minutes and are available at 10 a.m., 11 a.m. and noon on the third Tuesday of each month. **NOTE:** Joel will be off in August. His next appointments will be on Tuesday, September 19.

GAMES

**Friendly Bridge**  
*In person at the ASAC*

Join a friendly Bridge game on Monday afternoons at the Center. Games take place from 12:30 to 3 p.m. No partner or reservation needed. All levels are welcome.

**Liverpool Rummy**  
*In person at the ASAC*

Join in a fun new game group at the Center on Fridays. Players get together from 9 to 11:30 a.m. on Friday mornings. Liverpool rummy is a multi-player, multi-round card game similar to other variants of rummy, but it adds features like buying and going out. Everyone is welcome!
**Mah Jongg Group**  
*In person at the ASAC*  
Elaine York teaches Mah Jongg on Friday mornings from 9 to 11:30 a.m. Elaine will be teaching the international women’s version. New players are welcome. If you have played another version, it is easy to adapt to this one. There is a one-time cost of $13 for the booklet, payable to the instructor. If you have questions, email Elaine at elaine45york@yahoo.com.

**Pinochle**  
*In person at the ASAC*  
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 3:45 p.m. every Friday, and they are looking for new players. You will need to know how to play.

**NOTICES**

**Recycle Your Medication Containers**  
*Collected at the ASAC*  
Bring empty, transparent medication containers of any size to be sent to third world countries for re-use. The containers can be of any color but must be see-through; no white opaque bottles. Labels and any identifying information should be completely removed. The plastic containers will be washed and sent to Africa where they can be used again and again for medications. If you find removing labels difficult, warming them with a hair dryer should make removal easier. A container for depositing the bottles is in the lobby near the water fountain.

**Stay at Home If Sick**  
If you think you might be sick with a contagious disease or if you are experiencing symptoms, do not come to the Center. We will appreciate you staying at home to take care of yourself while protecting others from the spread of disease.

**Travel Opportunities for Seniors**  
*Offsite in person*  
The Anacortes Senior Center has partnered with The Center in Oak Harbor to offer a full range of travel opportunities throughout the year. Trips include musicals and theatre in Seattle, mystery lunches, professional sports, visits to IKEA and Uwajimaya, regional festivals and even national and international trips. There is a March Point pick up for Anacortes participants. To view and sign up for trips: https://secure.recl.com/WA/oak-harbor-wa/catalog

**Free State Park Passes**  
The Limited Income Senior Citizen Pass provides camping year-round at 50 percent off the overnight camping fee plus free day-use access. You must be 62, a Washington resident and have an annual income, including Social Security, that does not exceed $35,000, either singly or combined with a spouse or co-tenant. Call Washington State Parks at (360) 902-8500 or visit www.parks.wa.gov/205/Passes for more information.

**Live Online Learning with GetSetUp**  
*Online*  
Washington State Department of Social and Health Services (DSHS) has teamed up with GetSetUp to provide hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night, and best of all — they are free. The classes cover a wide range of topics including cooking, fitness, computers and technology, visual arts, writing, music, health and wellness, and much, much more. Check it out! For more information, call (888) 559-1614 or go to the GetSetUp website at https://www.getsetup.io/partner/Washington.
Aging and Disability Resources
In person at ADR and by phone

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 between 8 a.m. and 5 p.m. Monday through Friday. Call (360) 428-1309 or e-mail ADRCskagit@dshs.wa.gov. ADR is located at 301 Valley Mall Way in Mount Vernon.

Benefits CheckUp
Online

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.

Golden Age Pass
Available at the ASAC

The Anacortes School District receives a tremendous amount of support from seniors. Life experiences, work ethic and sense of responsibility provide students with immeasurable rewards. The Golden Age Pass is a thank you for those contributions. If you are 62 and live in the area served by the district, become a Golden Age member. You will get free admission to all regular season home sporting events. Pick up an application at the Reception Desk.

SERVICES AT THE SENIOR CENTER

Free Computer Assistance
In person at the ASAC

Skilled computer volunteers are available by appointment in the mornings on Mondays, Tuesdays, Thursdays and Fridays. Call (360) 293-7473 to schedule an appointment. If the computer volunteers do not have scheduled appointments, they may be able to accommodate drop-ins. We want to thank our dedicated volunteers Kalen Delaney, Paul Denham, Doug Johnson and Maria Pitts for all their time and skillful computer assistance.

Veteran Services Appointments
In person at the ASAC by appointment only

Chris Diaz, Veteran Services Specialists/VSO with Skagit County Public Health is available for one-on-one appointments at the Center on the last Friday of every month. If you would like an appointment for help with services, such as processing claims, contact Chris at (360) 588-5156 or email him at cdiaz@co.skagit.wa.us.

Red Bag Pantry
In person at the ASAC

Pick up food items that you need for the next few days between 8 a.m. to 4 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 the pantry locations are restocked frequently.
ASAC Monthly Newsletters
Available at the ASAC or online
You can pick up our newsletter at the Center, or you can find it online at seniorcenter.cityofanacortes.org. Notices of some Center activities and programs are published weekly in the Anacortes American and the Clamdigger. You can find Center programs 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, pick up a copy for them at the Center. Ask at the Reception Desk to receive notification monthly when the newsletter is posted.

Lunch Is Served
In person at the ASAC and via home delivery
Delicious, well-balanced hot lunches are served at the Center from 11:30 a.m. to 12:30 p.m. Monday through Friday. In addition to the listed menu items, soup and salad are served most days. For seniors 60 and older, a donation of $5 is suggested, and there is a $7 charge for anyone under 60. Reservations are not required. For more information, call (360) 293-7473 and press #2 for the nutrition program. 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.

Ensure Available at the Center
In person at the ASAC
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) 299-4135. To qualify, you need to:
- Be 60 years of age or older
- Live in Skagit County
- Have a current prescription from your medical provider

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. It is a 501(c)(3) non-profit organization, and all donations are tax deductible. Visit the Foundation’s website at asacfoundationanacortes.org.

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.

ISLAND HEALTH
End-of-Life Paperwork
In person at Island Health
What documents should you have prepared for end-of-life? Join an end-of-life expert from Hospice of the Northwest from 10:30 to 11:30 a.m. on Wednesday, August 2, to learn more about POLST (Physicians Orders for Life-Sustaining Treatment), Advanced Directives, and Health Care Durable Power of Attorney (HCDPOA). All documents are provided to you free of charge. To register, call (360) 299-4204 or visit www.islandhealth.org/classes.
Better Breathers Club
In person at Island Health
Club members learn better ways to cope with lung conditions such as COPD, pulmonary fibrosis and asthma while getting the support of others in similar situations. Better Breathers Club meetings, held at 4 p.m. on the first Monday of every month, offer a fun and stimulating combination of guest speakers, problem-solving discussions, and social activities. Led by Robert Down, Respiratory Therapist, these in-person adult support groups give you the tools you need to stay active and healthy, living the best quality of life you can. This support group is limited to 10 people. Masks are required. There is no charge. To register, call (360) 299-4204 or visit www.islandhealth.org/classes.

Advanced Care Planning Support
In person at Island Health
Join an end-of-life expert from Hospice of the Northwest from 10:30 a.m. to 12:30 p.m. on Wednesday, August 16, to get one-on-one assistance with filling out your advance care planning forms. People can get assistance filling out their Advanced Directives, Health Care Durable Power of Attorney (HCDPOA), and POLST (Portable Orders for Life-Sustaining Treatment) forms. All documents are provided to you free of charge. To register for an appointment, call (360) 299-4204 or visit www.islandhealth.org/classes. Register by Tuesday, August 15.

Care Management Connections Health Fair
In person at Island Health
Come to a health fair for seniors and their caregivers that will be held between 10 a.m. and 2 p.m. on Tuesday, August 29 in the Fidalgo Room. Island Health’s Care Management team is excited to share with the Anacortes Community important information for our senior population, their families and caregivers. Discover what Anacortes’ community partners provide that can aid and guide you in developing safe, happy long-term planning and to establish plans for safe and effective transitions of care when it is time. Many community partners will be available to discuss all areas of senior care from Medicaid benefits, Medicare benefits, private caregivers, food programs, assisted living locations, memory care units and other important resources to support our community seniors and their families. No registration required.

ANACORTES LIBRARY

Jazz Stage at the Anacortes Arts Festival
Visit the Jazz Stage at 10th and Commercial during the Anacortes Arts Festival, August 4 through August 6, to hear featured jazz artists including Herding Kats, Dmitri Matheny Quartet with Beth Lederman, Nearly Dan, Susan Pascal Quartet, Pearl Django and Whistle Lake Quartet. This program is made possible by the Anacortes Public Library Foundation Manieri Endowment. Visit jazzatthelibrary.com for a list of scheduled performers.

2nd Sunday Jazz — Marina Christopher
Enjoy a free concert at 2 p.m. on Sunday, August 13, at the Heart of Anacortes park featuring Marina Christopher. Christopher is an amazing bassist and vocal jazz artist, and she was the 2017 Earshot Jazz Emerging Artist award winner. She makes bass playing and singing look absolutely effortless. Her jazzy style can easily bring back the sounds of a bygone era or elevate today’s hits with her original arrangements. Joining her will be Chris Patin on Drums, Jake Sele on piano and Carey Rayburn on Trumpet. The Heart of Anacortes is located at 1014 14th Street.
COMMUNITY PROGRAMS

Skyline Garden Club
In person at the Skyline Beach Club
The Skyline Garden Club invites all to enjoy a presentation on Monday, September 18, by ISA Certified Arborist and outstanding speaker, Jessi Bloom. Jessi is an ecological landscape designer, author and teacher. She says, “My passion for ecology and permaculture was a flame that sparked decades ago and has never dwindled.” Doors open at 1 p.m. for registration and social time. Announcements begin at 1:20 p.m. Out of respect for the speaker, the doors will close when the program begins at 1:30 p.m. The Skyline Beach Club building is located at 6041 Sands Way. Everyone is welcome. There is a $5 fee for non-members. For more information, call (360) 399-7957.

SKAT Changes and Information
Skagit Transit services in Skagit County now offer new West Skagit early morning runs on the Route 40x from Anacortes March Point to Skagit Station in Mount Vernon. Also, Skagit Transit has introduced new ways that riders can get information:

- Real-time bus arrival times will be posted at the bus kiosks.
- The UMO Mobility app will help you locate your bus, plan your trip, pay your bus fare and view route details.
- Use the Skagit Transit website info for real-time bus details and to track your bus on the live map. Go to strweb.skagittransit.org.

Customers may also call Skagit Transit Customer Service at (360) 757-4433 between 8 a.m. and 4:15 p.m. or visit the Skagit Station Customer Service office in person between 8 and 11:30 a.m. and 12:30 to 4:15 p.m. Monday through Friday.

Alzheimer’s Disease Support Group
In person at the Presbyterian Church
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.

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.

Soroptimist Home Health Loans
In person at Soroptimist Thrift Shop
The Soroptimist International of Anacortes has reopened its free home health loan program. The hours are 9 to 11:30 a.m. and 1:30 to 4 p.m. on Tuesdays and 9 a.m. to 3 p.m. on 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.

Mental Health Support Group
Online
NAMI of Skagit holds open support groups online for those living with mental illness, as well as 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.
delivered to you, call the Skagit County Resource Assistance Line at (360) 416-1892 between 10 a.m. and 2 p.m. daily. Leave a message; 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. The Food Bank is open on Mondays, Tuesdays and Wednesdays from 9 a.m. to 12 p.m. and 1 p.m. to 4 p.m. It is also open on Thursdays from 10 a.m. to 12 p.m. and 1 p.m. to 6 p.m. Call (360) 293-6682.
- **St Vincent de Paul Food Bank** – 4100 St. Mary Drive, every Friday from 10 a.m. to 11 a.m. except official holidays and Good Friday.
- **Helping Hands Food Bank** – 1211 M Avenue, Tuesdays from 11 a.m. to 2 p.m. Call (360) 856-2211.
- **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

The Assessor’s Office is open to the public to accept applications and renewals for the property tax reduction program. Seniors and people with disabilities 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. Additional medical expenses are now allowed to reduce income to qualify for the program. For a list of allowable expenses, contact the Assessor’s office at (360) 416-1780 during the hours of 8:30 a.m. to 4:30 p.m. Monday through Friday. Applications can be submitted by mail or in person at 700 South Second Street #204, Mount Vernon, WA 98273.

### 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. Drivers familiar with Anacortes are especially needed.

### Community Action Senior and Disabled Services Program

If you are interested in helping out, contact Mariana Brandt at (360) 588-5745. Program staff also offer information and referrals for food, energy, and utility assistance, as well as grocery and prescription delivery.

### Individuals at Risk of Isolation

If you find yourself isolated, unable to leave home and in need of assistance in either picking up or having food and/or supplies delivered to you, call the Skagit County Resource Assistance Line at (360) 416-1892 between 10 a.m. and 2 p.m. daily. Leave a message; you will receive a response in about 24 hours.
Utility Discount Program

The City Council has adopted a new Utility Discount program that can save you 30% on your city utility bill (water, sewer, garbage, and fiber). If you are enrolled in the senior/disabled property tax exemption program through the Skagit County Assessor’s office, you will be automatically enrolled in the City utility discount program. Otherwise, if your household gross income is less than the very low-income threshold set by US HUD, adjusted for household size (currently $2658/month for a one-person household), you must apply to the City Finance Department to receive the discount. For more information, visit www.cityofanacortes.org/187, or email utilitybilling@cityofanacortes.org, or call (360) 293-1909.

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 they will 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 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 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.

Scammers PRESSURE you to act immediately.

- Scammers want you to act before you have time to think. If you are on the phone, they may 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 corrupted.

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.
What You Can Do to Avoid a Scam (continued)

♥ 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.

NEED MORE INFORMATION?

Call the Center
If You Have Any Questions

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 8 a.m. to 4 p.m. Monday through Friday. Press #1 to reach the office staff; press #2 to reach the nutrition program.

Call the Anacortes Police Department
If You Have Questions Regarding Scams

If you have concerns or questions about scams or need assistance in resolving a scam issue, contact Community Service Officer Brent Lindquist at the Anacortes Police Department. His direct number is (360) 588-8234.
Age happy ... healthy ... & worry-free!

For all those who want to learn to age well!

Wednesdays, Sept 13-Nov 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 August 7
To register, go to: www.cityofanacortes.org/1408/Aging-Mastery-Program
For more information, call (360) 293-7473.

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

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

Funded by Anacortes Senior Activity Center Foundation
## Anacortes Senior Activity Center

**August 2023**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td><strong>Every Week</strong></td>
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<tr>
<td>9:30-11:30 Blood Pressure Checks</td>
<td>10-4:00 Blood Pressure Checks</td>
<td>10-4:00 Blood Pressure Checks</td>
<td>10-4:00 Blood Pressure Checks</td>
<td>9:12-10:12 Men's Pool</td>
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<td>9:30-11:30 Women's Pool</td>
<td>10:12-11:00 Women's Pool</td>
<td>10:12-11:00 Women's Pool</td>
<td>10:12-11:00 Women's Pool</td>
<td>9:15-10:15 Liverpool Rummy</td>
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<td>11:30-12:30 LUNCH</td>
<td>11:30-12:30 LUNCH</td>
<td>11:30-12:30 LUNCH</td>
<td>11:30-12:30 LUNCH</td>
<td>9:30-10:30 Computer Help</td>
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<td>12:30 Bridge</td>
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<td>12:30 Bridge</td>
<td>11:30-12:30 LUNCH</td>
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<td>1:30 Table Tennis</td>
<td>1:30 Table Tennis</td>
<td>1:30 Table Tennis</td>
<td>1:30 Table Tennis</td>
<td>12-3 Pinochle, Rummy, Bridge</td>
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<td>1:30 Footcare</td>
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<td>1:30 Footcare</td>
<td>1:30 Rock Painting</td>
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<td>2:30 SongShine</td>
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### August 2023

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1</td>
<td>Cultured Purls</td>
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<td>2</td>
<td>Advance Planning Paperwork, Assistance, AMP Alumni, Needlepoint Guild, Drawing, Chess, Silver Foxes</td>
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<tr>
<td>3</td>
<td>9:30-10:30 Sewing Seniors</td>
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<td>4</td>
<td>Emergency Preparedness</td>
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<td>5</td>
<td>SHIRA Medicare Consultation, Brent Lindquist, Chat with a City Council Member</td>
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<tr>
<td>6</td>
<td>9:30-10:30 Basket Weaving, 10:30-11:00 Vaccine Clinic</td>
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<tr>
<td>7</td>
<td>SHIRA Medicare Consultation, Chat with a Port Commissioner</td>
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<td>8</td>
<td>9:30-11:30 Divas Fiber Art, 12:30-1:30 Momentia Group</td>
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<td>9</td>
<td>9:30-10:30 Tapping for Stress Relief</td>
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<td>10</td>
<td>9:30-10:30 Basket Weaving, 9:30-10:30 Sewing Seniors, 10:30-11:00 Low Vision Support, 11:00-12:00 Council for the Blind</td>
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<tr>
<td>11</td>
<td>Veterans Services Appointments</td>
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<tr>
<td>12</td>
<td>9:30-10:30 Basket Weaving, 9:30-10:30 Sewing Seniors, 10:30-11:00 Low Vision Support, 11:00-12:00 Council for the Blind</td>
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<tr>
<td>13</td>
<td>8:30-9:30 Line Dancing</td>
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## August 2023 Menu


<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td></td>
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<td>2</td>
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<tr>
<td>Ham &amp; Swiss Pie served with Sunset Pears</td>
<td>Shrimp Louie Salad served with Berry Cobbler</td>
<td>Meatloaf served with Mashed Potatoes and Gravy</td>
<td>Teriyaki Chicken Sandwich served with Fruit Salad</td>
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<td>9</td>
<td>10</td>
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<tr>
<td>Biscuit and Gravy served with Hot Fruit Compote</td>
<td>Home-Style Chicken Bowl served with Apple Slices</td>
<td>Corned Beef and Swiss on a Pretzel Bun served with Apricots</td>
<td>Cheese Ravioli Primavera served with Italian Beans</td>
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<td>14</td>
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<tr>
<td>Sausage and Tortellini Soup served with Pears</td>
<td>Taco Salad served with Corn Muffin</td>
<td>Tuna Casserole served with Green Salad</td>
<td>Turkey Bacon Ranch Wrap served with Watermelon</td>
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<td>23</td>
<td>24</td>
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<tr>
<td>Chicken Alfredo served with Green Salad</td>
<td>Sweet and Sour Pork Chop served with Rice</td>
<td>Baked Potato with Beef Chili served with Sunshine Carrots</td>
<td>Lasagna with Garlic Bread served with Peaches</td>
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<td>28</td>
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<td>31</td>
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<tr>
<td>Chicken Fried Steak served with Mashed Potatoes and Gravy</td>
<td>Chicken Caesar Salad served with a Cheese Roll</td>
<td>Turkey Cheddar Dip served with Broccoli Grape Salad</td>
<td>Hamburger Gravy over Mashed Potatoes</td>
<td></td>
</tr>
</tbody>
</table>

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