Are you ready for fall? We hope the opportunities for personal growth, socialization and advancement offered at the Center this month prepare you for the change of seasons and whatever lies ahead. Please take some time to explore our programs and offerings, including our 50th Anniversary Celebration, the Fall Aging Mastery Program, an Anacortes Senior College course titled Behind the Scene of the Theater, and information about our upcoming Fall Prevention Week.

*The small wooden boat, a little worse for wear, with a tattered chart tucked in the gunnel, leaves the bay with a small dinghy in tow. The small engine tugs through waves that rival the draft, captained by an older adult who smiles with confidence and ease.*

— Karl Wolfsinkel, Center Administrator, Sucia Island

**WHAT'S NEW**

**Help Us Celebrate 50 Years!**

In person at the ASAC

The Anacortes Senior Activity Center will be celebrating its 50th Anniversary in the community – 1973-2023 – with an open house from 1 to 4 p.m. on Saturday, September 30. There will be live music, demonstrations and displays from many of our talented instructors and participants, and hors d’oeuvres catered by Gere-A-Deli. We also will be dedicating the new Sally Hill Pavilion, now in the old playground space at the front of the building. Everyone is invited so please join us for a fun afternoon at the Center!
Hula Class
In person at the ASAC

Have you ever wanted to try hula dancing? 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.

Weaving on a Table Loom, Level 2
In person at the ASAC

Join weavers Liz Moncrief and Wanda Johanson from 9 a.m. to 12 noon on Thursday, October 19, and Friday, October 20, to learn all of the stages of weaving. This class will be available only to students from previous weaving classes at ASAC. If you have taken the beginning class, you will already know how to weave. This next level class will teach you to plan your projects, wind the warp and dress the loom. Returning students need to contact the instructors prior to class to discuss plans and yarn selection. Table looms are provided. Sign up and pay in advance at the Reception Desk. The cost is $50. If you wish to take your loom home in between classes, you may leave a $100 refundable deposit. For more information, contact Liz at (970) 692-3949 or l.moncrief@me.com. Scholarships are available.

Conversation with Mayor Miller
In person at the ASAC

Please join Mayor Matt Miller from 1:30 to 2:30 p.m. on Wednesday, September 27, for an informal conversation. Everyone is welcome.
Painting Silk Scarves
In person at the ASAC
Join renowned local fiber artist Anita Mayer for a two-day workshop from 9 a.m. to 1 p.m. on Tuesday, October 24, and Wednesday, October 25. Over the course of the two days, Anita will demonstrate and lead you through four different techniques for hand painting silk scarves, including using rusted objects for dyeing, using fabric paints, shibori techniques and more. You will come away with four beautiful scarves of your own creation. The cost of the class is $25. Sign up in advance at the Reception Desk. NOTE: You will need to bring an apron, scissors for cutting paper, a spray bottle and plastic gloves.

Ageism Discussion Group
In person at the ASAC
Did you know that ageism is one of the last socially acceptable prejudices in our society? Do you realize that ageism permeates every aspect of society and that older people are not immune to ageist attitudes? Let us raise our own awareness and perhaps the awareness of others. Join Sally Hill for a monthly discussion on this topic from 10 to 11 a.m. on the second Tuesday of each month starting October 10. At the first meeting, the group will take a look at examples of ageism in everyday life. No sign up necessary.

Using Walking Poles Around Town
In person at the ASAC
Join Paul Sherman for a free class from 1:30 to 2:30 p.m. on Monday, September 25. Paul will introduce you to the different types of walking poles, how to adjust them properly, and how to walk safely with the support of the poles. If the weather cooperates, the class may go outside to experience walking on uneven terrain. Paul is a retired Physical Therapist and avid mountaineer.

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. You will learn about advance directives, physician orders for life-sustaining treatment (POLST) and more. Talon also will be available for one-on-one appointments between 1 and 2:30 p.m. on Friday, September 15, for more personalized help as you work through various options and fill in the paperwork. Contact Talon at (360) 720-5212 for more information.

Digital Photography 101
In person at the ASAC
Do you have a digital SLR camera but do not yet know how to use it except to put it on “auto”? Would you like to learn more about it? Lynn Karns, who is a former high school and college photography instructor as well as professional photographer, is teaching a five-week introduction to digital photography. Class will meet from 1 to 2:30 p.m. on Wednesdays, October 4 through November 1. Lynn will show you how a little more knowledge about your camera will offer you a multitude of opportunities when you are taking photos. The cost for the class is $50. Sign up and pay in advance at the Reception Desk. Bring your digital SLR camera and your instruction manual to class.

Digital Photography: Composition
In person at the ASAC
Instructor Lynn Karns will teach a class from 1 to 2:30 p.m. on Wednesday, November 8, that will help you move beyond the average in your photography. This class will show you techniques to develop an artist’s eye and change your photographs forever. The cost is $15. Sign up and pay in advance at the Reception Desk. Users of smart phones as well as digital cameras are welcome.
ABCs of LGBTQ+
In person at the ASAC
Join Linden Jordan from 10:30 to 11:30 on Wednesday, October 4, to learn more about the LGBTQ+ community. In his career, Linden has worked as an attorney, mental health counselor and college professor. In his retirement, he volunteers with PFLAG Skagit to support, educate about and advocate for the LGBTQ+ community, friends and allies. His goal is to help others understand the meaning of the many letters which will help others who know and love folks who are part of that community. He is a member of the Speakers Bureau and has given hundreds of presentations locally, including recently at the Anacortes Library, helping to make the world a more welcoming place for the LGBTQ+ community. No signup is necessary. Just drop in.

Digital Photography: Outdoor Lighting
In person at the ASAC
Instructor Lynn Karns will teach a class from 1 to 2:30 p.m. on Wednesday, November 15, that will show you how to understand outdoor lighting to provide depth, color change, texture and pop to your photo like nothing else can. Learn how changing the direction of light and the time of day will help you accomplish this. The cost is $15. Sign up and pay in advance at the Reception Desk. Users of smart phones as well as digital cameras are welcome.

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 how to avoid becoming a victim. No signup is necessary.

History Outside – New Murals and Signs
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 now in the entryway of 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 some minor changes may have been made before installation. Come see these behind-the-scenes sign proofs while you can – they will be on display for a limited time only.

Bake Sale
In person at the ASAC
The next Bake Sale will be held from 9 a.m. to 1 p.m. on Friday, September 29. The Center’s 5-star volunteer bakers are once again offering homemade yummy treats for sale. Follow your nose to the wonderful aromas of all the goodies that are waiting for you – take them home and enjoy at your leisure. All proceeds from the sale support the Center.

Senior Hike – Heart 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 Tuesday, September 19. Meet at the Heart Lake parking lot, where the group will set out to explore the scenic trails on the north side of the 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.
Aging in Place
In person at the ASAC

Join Talon Windwalker from Hospice of the Northwest from 1 to 2 p.m. on Tuesday, October 17, to learn about things to consider as you prepare for your advanced years, including changes you can make around your home to reduce your risk of falling and be able to stay safely in your own home. For more information, contact Talon at (360) 720-5212.

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 to the Center 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/Aging-Mastery-Program. Thank you to ASAC Foundation for their support.
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, September 7. A variety of topics are discussed, and you will have a chance to inspire and support others while you continue 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 get on the list.

Ideas for Aging 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 Isaac Lidsey titled What Reality Are You Creating for Yourself: www.ted.com/talks/isaac_lidsey_what_reality_are_you_creating_for_yourself?language=en

Falls Prevention Week
Decrease Your Risks of Injury from a Fall
In person at ASAC

Did you know that every year one in four Americans aged 65+ falls? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly—in dollars and in quality of life. However, falling is not an inevitable part of aging.

This year, the Senior Activity Center will observe Falls Prevention Awareness Week with programs Monday through Thursday, October 16 through October 19.

There will be free presentations throughout the week. Speakers and featured topics will be:

- **Keeping Your Balance** – 1:30 to 2:30 p.m. on Monday, October 16, with Rita Yribar
- **Aging in Place** – 1 to 2 p.m. on Tuesday, October 17, with Talon Windwalker of Hospice of the Northwest
- **Life Changes and Effects on Balance** – 10:30 to 11:30 a.m. on Wednesday, October 18, with Patricia Downing
- **Balance Assessments** – One-on-one appointments from 12 to 2, Wednesday, October 18
- **Safe Walking** – Thursday, October 19, 1:30 to 2:30 p.m. with Andy Arvidson

Sign up in advance for a balance assessment appointment on October 18. There is no registration necessary for the other presentations.

There will be door prizes at each of the presentations and a grand prize at the end of the week for those who attend at least one of the presentations! The prizes will be on display in the lobby starting October 2. Come and learn what you can do to prevent falls.

Fitness

Functional Fitness
In person at the ASAC

The Center’s newest fitness class meets from 10 to 11 a.m. on Mondays, Wednesdays and Fridays (Friday class starts a little later, at 10:15 and begins on September 22). 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.
**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 offer ballroom dance to Anacortes. The cost is $10 per person per class. Pay Taylor in class. The class is open-ended; drop in anytime.

**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.

**Stretch and Balance Yoga**  
*In person at the ASAC*

Join Laifong Nelson from 10 to 11 a.m. on Wednesdays. Note: classes do not meet in August and December. You will be guided in stretching and moving your body to help you create balance and core strength while cultivating breath awareness. The cost for a complete session is $12.50 per class ($50 if there are four Wednesdays in the month / $62.50 if there are five Wednesdays in the month). Drop-ins are welcome at $15 per class. Pay the instructor in class. For more information, contact Laifong at (360) 202-2323 or at ngyoga82@gmail.com. You can also visit her website at Anacortesyoga.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!

**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 called Seated Wellness 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. Rita also includes information and exercises to help you maintain a healthy brain. 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.
Wellness Tip: Immunization

Immunization or vaccination helps prevent dangerous and sometimes deadly diseases. Immunization isn’t just for kids! Adults need to get vaccinated too. Vaccination is one of the most convenient and safest preventive care measures available. The Centers for Disease Control and Prevention (CDC) recommends that all adults should get an Influenza (flu) vaccine every year. Pneumococcal vaccines are recommended after 65 years old. It is also recommended that adults 50 years or older get the new two-dose shingles vaccine (Shingrix) even if you had the first shingle vaccine (Zostavax). Td or Tdap vaccine (pertussis, tetanus, diphtheria booster) is recommended every 10 years. You may need other vaccines based on your age, health conditions, job, lifestyle, or travel habits. Talk to your healthcare professional about which vaccines are right for you.

Vaccination Clinic
In person at the ASAC

Skagit County Public Health is offering free COVID Bivalent booster shots for individuals 65+ age and those under 65 who consider themselves immunocompromised. Drop in anytime between 10:30 a.m. and 1 p.m. on Thursday, September 21. No appointment is necessary. There also will be information available on a variety of topics related to staying healthy.

Reiki for Pain, Stress and Anxiety Relief
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.

Advance Directives One-on-One Help
In person at the ASAC

Talon Windwalker from Hospice of the Northwest will be available from 9:30 to 11 a.m. on Friday, September 8, 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.

Hearing Changes
In person at the ASAC

Join Joel Bergsbaken from the Hearing, Speech and Deaf Center for a free program from 10:30 to 11:30 a.m. on Wednesday, November 1. As we age, we all experience changes in our hearing. These changes often come on gradually and we only notice when it is already a significant barrier to communication. These barriers often lead people to start to withdraw from communication and from social opportunities. Joel will talk about hearing changes as we age, technology and techniques that improve communication, and free support services available to the community to prevent withdrawal and isolation. The Hearing Speech and Deaf Center is a non-profit organization which provides free services to individuals with hearing differences and the friends, families and organizations that serve them. No registration is needed; just come.

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. You are invited to attend the Momentia group gathering that meets from 12:30 to 2 p.m. on the second Wednesday of every month. For more information, call Kati at (360) 399-3235 or email her at DSM@lighthousememorycare.net.
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: Intellectual Health

Intellectual wellness is engaging in creative and mentally stimulating activities. What are some ways to continue to grow brain power? Here are ten simple habits to help boost your brain power:

♥ Get a good night’s sleep, seven to nine hours.
♥ Take some “cat” naps. Power naps can help you quickly feel rejuvenated and boost your energy to carry you through your day.
♥ Drink lots of water. Staying hydrated can help boost your energy and keep the mind alert.
♥ Include more “brain food” in your diet. This includes olive oil, salmon and tuna, carrots, broccoli, grapes, and blueberries, and others.
♥ Train your brain with numbers; do easy math problems without your calculator. Sudoku is a great number game.
♥ Learn a musical instrument or a new song.
♥ Learn a new language.
♥ Play mind and memory games.
♥ Keep reading. Your brain is learning as you read, and a book can take you so many places.
♥ Journal by hand. Journal daily will help you concentrate and stay focused. Handwriting helps sharpen your mind.

Skagit and Island Counties Council of the Blind
In person at the ASAC

Following the monthly Low Vision Support Group, which meets 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 September 28. 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.

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
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 September 28. 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. There is no charge to attend.

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, September 11, and September 25. SHIBA (Statewide Health Insurance Benefits Advisors) offer confidential unbiased information on your insurance options. For an appointment, email ginnyshiba@gmail.com.

Disposal of Old or Unused Medication
Available at the ASAC
Medicine mail back envelopes are available at the Center. 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.

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 weaving from 9 a.m. to 3 p.m. on Thursday, September 14, and Thursday, September 28. Jane is limiting attendance in her classes to eight students per class. 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.
Rock Painting
In person at the ASAC
This fun group meets on Fridays from 12:30 to 3:30 p.m. Come one ... come all! 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 at the Center for you to use or bring your own.

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. Once a month the Divas get together to visit, share their creations, ideas, information and to inspire each other. While many are members of Fidalgo Island Quilters, membership is not required. Everyone is welcome.

Mosaic and Stained-Glass Workshop
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. 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 it will cover all the instruction you need for an unlimited time. If you would like to join this in-person workshop, contact Melody at (253) 514-3036.

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.

Watercolors and Acrylics Open Studios
In person at the ASAC
Local artist Dee Doyle’s next classes, starting on September 11, will explore works of several Impressionist painters in the upcoming “Painting Like an Impressionist” series. Students will visit a few methods and mindsets of these artists and create contemporary pieces reflecting some of their styles using acrylic paints or watercolors. All skill levels are welcome. Acrylic classes meet at 9:30 a.m. on Mondays and watercolor classes meet at 9:30 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 a supply list, contact Dee Doyle at deed Doyle11@gmail.com or call (360) 630-0208.

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.
**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 meeting is on September 5. If you are interested in attending that event, or 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.

**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.

**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.

**Linguage and Discussion**

**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.

**Lunch with CSO Brent Lindquist**  
*In person at the ASAC*

Join Anacortes Police Department’s 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, September 19. Everyone is welcome.
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.

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!

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.

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.

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, please. 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 clearly labeled container for depositing prescription bottles is in the lobby near the water fountain.
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 national and international trips. There is a March Point pick up. To view and sign up for trips: https://secure.rec1.com/WA/oak-harbor-wa/catalog

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 www.getsetup.io/partner/Washington.

Free State Park Passes for Low Income Seniors
Applications available at the ASAC
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.

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.

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 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. ADR is located at 301 Valley Mall Way in Mount Vernon.

Golden Age Pass
Available at the ASAC
The Anacortes School District receives a tremendous amount of support from seniors who live within the district boundaries. Their life experiences, work ethic and sense of responsibility provide students with immeasurable rewards. The Golden Age Pass is one way of thanking seniors for their contributions. If you are 62 and live in the district, you are eligible to become a Golden Age member. As such you would be entitled to 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.

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. You can also sign up to receive notification each month when the newsletter is posted to our webpage. Sign up at the Reception Desk. And if you would like to take a supply 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
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 make arrangements. To qualify, you need to:

♥ Be 60 years of age or older
♥ Live in Skagit County
♥ Have a current prescription from your medical provider

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.
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 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 information, call Karl at (360) 293-7473.

ISLAND HEALTH

Introduction to Integrative Therapies

In person at Island Health

Join Hospice of the Northwest from 10:30 to 11:30 a.m. on Wednesday, September 6, for a free class on integrative medicine. Integrative medicine is when “alternative” and Western medicine come together to provide a greater benefit to healing as well as maintaining good health. Topics such as biofield therapies, movement modalities and many other interesting aspects of this field of medicine will be reviewed and discussed. 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 free support group is limited to 10 people. Masks are required. To register, call (360) 299-4204 or visit www.islandhealth.org/classes.

CPAP, BI-PAP and Home Ventilator Education

In person at Island Health

Do you have a CPAP (continuous positive airway pressure) machine but are still struggling to sleep? Join Respiratory Therapist Robert Down for a free hands-on class that will address common questions and practical explanations for CPAP issues. Class will be held from 4 to 5 p.m. on Wednesday, September 13, and will begin with a 30-minute introductory lecture, followed by an open question and answer period where you can have your specific questions answered. Please feel free to bring in your CPAP for possible adjustments and inspection. To register, call (360) 299-4204 or visit www.islandhealth.org/classes.

Practical Mediterranean Diet

In person at Island Health

The Mediterranean diet has been shown to support healthier blood pressure, cholesterol, and body weight. Join Registered Dietitian Amber Phillips from 1 to 2 p.m. on Wednesday, September 20, for an overview of this exciting eating style and practical tips for making it work for you. The cost is $10. To register, call (360) 299-4204 or visit www.islandhealth.org/classes.
Smoking, Vaping and THC: What You Need to Know
In person at Island Health
Distinguishing between fact and fiction is critical when it comes to smoking, vaping and THC. This class at 5:30 p.m. on Thursday, September 14, will review evidence-based facts while offering a holistic perspective on how these trends affect youth. Information and tips about how caregivers can address this taboo subject will also be covered. Kristin Stamulis, BHSc, RRT-ACCS, CPFT will be your instructor. The cost is $10. To register, call (360) 299-4204 or visit www.islandhealth.org/classes.

Childhood Trauma’s Effect on Health
Online via Webex
In this class from 5 to 6:30 p.m. on Monday, September 18, learn about the impact of adverse childhood experiences (ACEs) on health as well as the factors that help foster resilience and recovery. Your instructor Evan Buxbaum, MD, MPH, will outline the revolutionary work taking place in this emerging field. The cost is $10. To register, call (360) 299-4204 or visit www.islandhealth.org/classes.

Bodyweight for Beginners
In person at Island Health
Join Health Education Specialist and Certified Personal Trainer Kess Walp, from 11 a.m. to 12 p.m. on Tuesdays, September 26 through October 17, for a four-week series focused on introducing and implementing a beginner exercise routine. No equipment or experience necessary. Each week will introduce simple bodyweight movement patterns to increase balance, stability and functional strength. Come ready to exercise in appropriate clothing and shoes. Optional but not required: sweat towel and yoga mat. The cost is $25. To register, call (360) 299-4204 or visit www.islandhealth.org/classes.

On the Road to Diabetes:
Prediabetes Education and Prevention
In person at Island Health
One in three adults in the United States has prediabetes, and 80% of those adults may not even know they have it. Diabetes does not have to be the final destination. If you have prediabetes or are at risk of developing diabetes, there are steps that you can take now to prevent or delay diabetes and other serious health problems. Join Amber Phillips, Registered Dietitian, from 3:30 to 4:30 p.m. on Thursday, September 28, for a discussion on how healthy eating and being active may support your overall health. The cost is $10. To register, call (360) 299-4204 or visit www.islandhealth.org/classes.

Blood Drive with BloodworksNW
In person at Island Health
The standard Pacific Northwest fall checklist includes a warm jacket, rain boots and a blood donation appointment. Whether it is the bitter cold or cancer we are fighting, we are all in this together, so make an appointment to donate today. Call (800) 398-7888 to make an appointment to give blood at Island Health between 10 a.m. and 4 p.m. on Thursday, September 27.

ANACORTES LIBRARY

Harry Smith’s Hometowns Tour
In person at the Anacortes Library
Join Bret Lunsford from the Anacortes Museum at 7 p.m. on Saturday, September 16, for an evening with Grammy award winning author John Szed reading from his new book, Cosmic Scholar: The Life and Times of Harry Smith. The reading will be followed by a discussion of Harry’s transformative powers and local roots with Bret who is the author of Sounding for Harry Smith: Early Pacific Northwest Influences.
Get the Facts about Eclipses
In person at the Anacortes Library
Join Island County Astronomical Society President Bob Scott at 6 p.m. on Wednesday, September 30, for an informational presentation on the upcoming solar eclipse. Find out what causes these astronomical phenomena and learn how to enjoy them safely.

Second Sunday Jazz — Greta Matassa Quintet
In person at the Heart of Anacortes
Come to the Heart of Anacortes at 2 p.m. on Sunday, September 10, for a free performance by award-winning Hall of Fame jazz vocalist Greta Matassa. Matassa, winner of the Northwest Jazz Vocalist of the Year 2021 award, has a new group that has been featured in many of the area’s best jazz clubs and concert venues. The group consists of Brian Monroney on guitar, Clipper Anderson on bass, Mark Ivester on drums and Alexey Nikolaev on sax, and it features new material and arrangements with a contemporary jazz bent. Although the songs may be new, there are classics such as George Shearing, Bill Evans, Chick Corea and Dave Brubeck plus jazz interpretations of Stevie Wonder, Sting, Bonnie Raitt, Herbie Hancock and Pat Metheny.

Jazz Lecture — Important Women of Jazz
In person at the Anacortes Library
Joan Penney, talented and versatile local singer and interpreter of the American songbook, walks us through important female influencers in jazz history at this free jazz lecture at 7 p.m. on Thursday, September 21.

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 Jessi Bloom, ISA Certified Arborist and outstanding speaker. 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.

Join the Shelter Bay Chorus
Do you love to sing? The Shelter Bay Chorus, a popular local choral group that presents twice-yearly concerts at the ASAC and in Shelter Bay in La Conner, is looking for new members. Rehearsal for the upcoming holiday concert series in December begins Thursday, September 14, at the Clubhouse in Shelter Bay. Rehearsals are held from 4:30 to 6:30 p.m. every Thursday. No audition is required. If you are interested in singing with the Shelter Bay Chorus, give Joan a call at (360) 941-7507.

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.
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 also can 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.

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.

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.

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.
- Neat Team: Help maintain a clean and safe home by providing assistance with housekeeping that allows seniors to stay in their own homes.
- Adopt a Yard: Help with mowing and weeding can make a huge difference to someone who can no longer maintain their own yard.
- 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.

If you are interested in helping out, contact Mariana Brandt at (360) 588-5745.

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.
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 2nd Street #204, Mount Vernon, WA 98273.

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.

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.
Four Signs of a Scam (continued)

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 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

♥ 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.

♥ Block unwanted calls and text messages.

Take steps to block unwanted calls and to filter unwanted text messages.

♥ 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.

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 at (360) 588-8234.

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

For all those who want to learn to age well!

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

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.

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

Funded by Anacortes Senior Activity Center Foundation
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**September 2023**

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<tr>
<td>SHIBA Medicare Consultation</td>
<td>Advance Care Planning Class</td>
<td>Divas Fiber Art</td>
<td>Basket Weaving</td>
<td>Basket Weaving</td>
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<tr>
<td>Lunch with CSO Brent Lindquist</td>
<td>Momenta Group</td>
<td>Sewing Seniors</td>
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<td>Vaccine Clinic</td>
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<tr>
<td>SHIBA Medicare Consultation</td>
<td>Chat with Mayor Matt Miller</td>
<td>Basket Weaving</td>
<td>Veterans Services</td>
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<td>8:4</td>
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<tr>
<td>Walking Trekking through Town</td>
<td>Mayor Matt Miller</td>
<td>Sewing Seniors</td>
<td>Bake Sale</td>
<td>Bake Sale</td>
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<td>11:30</td>
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<tr>
<td>1:4</td>
<td>50th Anniversary OPEN HOUSE</td>
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*Saturday, Sept 30*

50th Anniversary OPEN HOUSE
# September 2023 Menu

Anacortes Senior Activity Center

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>LABOR DAY</td>
<td>Sloppy Joe with Cheese served with Sunshine Carrots</td>
<td>Kalua Pig served with Cabbage and Ramen Salad</td>
<td>Club Wrap served with Pea and Cheese Salad</td>
<td>Swiss Steak with Tomatoes served with Mashed Potatoes</td>
</tr>
<tr>
<td>8. Close</td>
<td>Baked Sliced Ham served with Scalloped Potatoes</td>
<td>Cheese Omelet served with Orange Slices</td>
<td>Baked Manicotti served with Caesar Salad</td>
<td>Turkey Pot Pie served with a Roasted Potato Medley</td>
</tr>
<tr>
<td>11. Closed</td>
<td>Baked Sliced Ham served with Scalloped Potatoes</td>
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Menu substitutions or changes are sometimes necessary. Thank you for your understanding.