



## Happy Heart Healthy Mind with Dr. Anastasia Jones

By Orcas Senior Center

Join Dr. Anastasia Jones, **Thursday, February 8 at 12 p.m.** at Orcas Senior Center for a discussion on the relationship between heart health and brain wellness. She'll explore various modifiable risk factors that affect both cardiovascular and cognitive decline. Attendees can expect actionable insights that extend beyond cholesterol management to prevent and even reverse these declines.

Dr. Jones is a board certified naturopathic physician with 25 years of holistic health expertise. She tailors treatment to individual needs, identifying unique health challenges and setting achievable goals. With a Doctorate in Naturopathic Medicine, she specializes in autoimmune disease, endocrinology, neurotransmitter balancing, hormone regulation, pain management, and trauma-informed therapy. Expect a roadmap to optimal health regardless of age, empowering you to live your healthiest life.

## Mindful Tranquility: Weekly Meditation Class

By Orcas Senior Center

Julia Summers leads a weekly meditation group at Orcas Senior Center every **Tuesday at 1 p.m., starting February 6.** Regardless of prior experience, Julia extends a warm invitation to all, emphasizing inclusivity by operating the sessions on a donation basis.

Julia's journey began in Nepal, where she discovered profound solace in spirituality, choosing inner richness over material pursuits. Julia practiced at the esteemed Spirit Rock Meditation Center and in 2013, founded Spirit House, a haven for spiritual retreats. For more info contact Julia at [spirithouseojai@gmail.com](mailto:spirithouseojai@gmail.com).



Orcas Senior Center members enjoy Chair Yoga, which is offered twice a week, Tuesdays and Thursdays starting at 10 a.m.

## Chair Yoga

By Orcas Senior Center

Chair Yoga, offered on **Tuesdays, and Thursdays, 10 a.m. to 10:45 a.m.**, is a gentle technique which incorporates a chair for support, allowing seniors and people with disabilities to practice balance poses without risk of falling.

Susie Frank received her yoga teacher training in 2016. Susie suggests a \$15 donation (\$12 for OSC members) per class. Nobody will be turned away for lack of funds. Contact Susie directly with all inquiries at 360-298-4484 or [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

### Quote for the Month

"We must use time as a tool, not  
as a couch."

– John F. Kennedy

## Needlework Circle

By Orcas Senior Center

Are you passionate about knitting, crocheting, needlepoint, or embroidery? Starting on **Tuesday, February 6, at 1 p.m.**, Orcas Senior Center will host a needlework circle every week. Grab your ongoing project and be ready to share tips and technical assistance. Participation is free! For additional details, reach out to Edy via email at [edy@orcasseniors.org](mailto:edy@orcasseniors.org) or 206-413-6167.

## What's inside...

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And much more!



**SAN JUAN**  
**COUNTY**  
WASHINGTON

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## Tell Us What You Think

SJC Senior Services values your feedback. We take your comments seriously and strive to better serve our community. Feedback forms are available by contacting Jami Mitchell at [JamiM@sanjuancountywa.gov](mailto:JamiM@sanjuancountywa.gov) or calling 360-376-7926.

The newsletter is published by San Juan County Senior Services with a grant from the Northwest Regional Council. The Senior Signal is distributed free at the Orcas Senior Center, by mail, and online at [www.orcasseniors.org](http://www.orcasseniors.org). Please mail submissions to PO Box 1146, Eastsound, WA 98245.

## Meals on Wheels and More

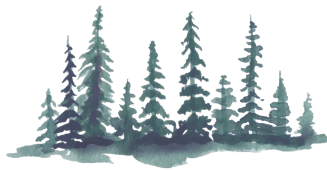
Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging. Meals on Wheels are delivered **Mon., Wed., and Fri.** Call 360-370-7525 for eligibility.

### Ian Cassinos

Food Services Manager

### Kevin Gregus & Mike Knight

Kitchen staff on Orcas



**ORCAS SENIOR CENTER**

Age Well on Orcas

### Monday through Friday 9 a.m. to 3 p.m.

62 Henry Rd.

Eastsound, WA 98245

360-376-2677

[www.orcasseniors.org](http://www.orcasseniors.org)

Friends of Orcas Senior Center,  
DBA Orcas Senior Center, 501(c)3  
nonprofit

### Nonprofit Board of Directors

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206-413-6167

[Edy@orcasseniors.org](mailto:Edy@orcasseniors.org)

## Got Bags?

Want to recycle your clean paper bags for re-use by our Meals on Wheels program? You can drop them off at the Orcas Senior Center during our **open hours of Monday through Friday, 9 a.m. to 3 p.m.** Thank you!

### ORCAS SENIOR CENTER Welcomes New Members!

*Lorraine Mikolon, Randy Jezierski,  
Bruce Hubbard, Frank Preiss, Andrea  
Preiss, Eirena Birkenfeld*

### Not a member or need to renew?

Go to [orcasseniors.org/member](http://orcasseniors.org/member).

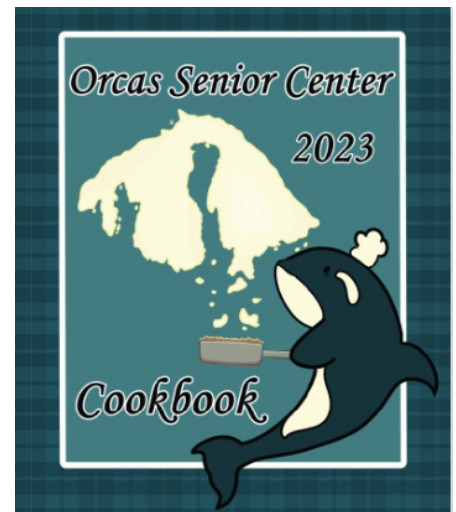
## Grannie's Attic

By Orcas Senior Center

Orcas Senior Center is excited to announce the return of Grannie's Attic on **Saturday, April 27**. Tables are available for rent, allowing individuals to showcase and sell their household or vintage items, tools, clothing, collectibles, and more. Table rentals operate on a first-come, first-served basis, with prices ranging from \$20 to \$40 depending on the chosen spot. Each seller has the option to rent up to two six-foot tables.

If you have new or gently used items for donation, please consider contributing to Orcas Senior Center. Contact Edy Hansen for more details.

We are also seeking volunteers to assist with setup the day before, various tasks on the event day, and cleanup afterward. If you're eager to contribute, we'd love your help! To secure a table or volunteer, please reach out to Edy Hansen at 206-413-6167 or [edy@orcasseniors.org](mailto:edy@orcasseniors.org).



## The Cookbook Is Here!

By Orcas Senior Center

We are so excited to announce that our 2023 cookbook is available for purchase! To purchase online, go to [www.orcasseniors.org](http://www.orcasseniors.org) and follow the link to purchase. There will also be a handful of copies to purchase at the Orcas Island Historical Museum and Darvill's Book Store. It is sure to make a very special holiday gift for friends and family! Thank you to everyone who contributed a recipe, a picture, or a story; you have all made this cookbook one to remember and celebrate!





## Resolve Common Medicare Concerns

By Orcas Island SHIBA

January through March is your opportunity to correct many common Medicare problems. Your local Statewide Health Insurance Benefit Advisors (SHIBA) volunteers can help you with the following :

- You didn't receive your new Drug or Advantage Plan Card.
- Your doctor or pharmacy isn't in your plan's network in 2024.
- You don't like your current Advantage Plan. You can change Advantage plans, go back to basic Medicare and you may be able to get a Medigap (Medicare Supplement).
- You didn't enroll in Medicare when you turned 65.

SHIBA, sponsored by Orcas Senior Center, is a free, unbiased, and confidential informational service offered through the Washington state Office of the Insurance Commissioner. Call the Orcas SHIBA office at 360-376-5892 to schedule a counseling session.



## Climbing Field Trip

By Orcas Senior Center

Have you ever thought you might like to try climbing? Join us **Thursday, March 14** to Climb San Juan, a climbing gym in Friday Harbor! If you are 18 years of age or older, and interested in trying it out, please reach out to Edy Hansen at [edy@orcasseniors.org](mailto:edy@orcasseniors.org) or sign up at the Front Desk.

## Living Well with Diabetes

By Stephen Bentley  
Orcas Senior Center

Are you navigating life with Diabetes and seeking the camaraderie of like-minded individuals in managing this disease? The Orcas Senior Center, in collaboration with The Orcas Lions Club, hosts "Living Well with Diabetes," a monthly peer support group. It aims to create a supportive community where individuals facing similar challenges and pursuing common goals can motivate each other to lead healthier lives despite Diabetes.

We invite everyone interested to join us every **fourth Thursday of the month from 11:30 a.m. to 1:30 p.m.** for this brown bag lunch event. Bring your own lunch and immerse yourself in an environment geared towards mutual encouragement and growth.

For additional information, contact Stephen Bentley at 360-376-2299 or [stephen@swbentley.com](mailto:stephen@swbentley.com).



## Family Caregiver Support Group

By San Juan County

The Family Caregiver Support Group (FCSG) meets at the Orcas Senior Center every **Monday at 1 p.m.** Caregivers report that one of the most stressful parts of caregiving is the feeling of isolation that caregiving often brings. The group is an effort to provide unpaid caregivers with emotional support and resources that will enable them to continue at home care and make it possible for care partners to continue to remain in their familiar environment. Participants have the opportunity to ask questions, learn from others' experiences, share successes and challenges, or seek guidance in a safe, supportive, confidential environment.

For more information, contact Heidi Bruce, Aging & Family Case Coordinator, at 360-370-0591 or [heidib@sanjuancountywa.gov](mailto:heidib@sanjuancountywa.gov).

## Island Hearing at Orcas Senior Center

By Orcas Senior Center

Stacie Nordrum, Au.D., CCC-A, from Island Hearing Healthcare, provides hearing care at Orcas Senior Center every **first Thursday of the month**. Schedule your appointment in advance, as availability fills up. Services offered include hearing assessments, hearing aid programming, and other hearing aid services. Complimentary clean and checks for hearing aids, along with general consultations, are available. For inquiries, reach out to Stacie directly at 360-378-2330 or [islandhearing@gmail.com](mailto:islandhearing@gmail.com). Go to [www.islandhearing.net](http://www.islandhearing.net) for more.



## Jewelry Making Class

By Orcas Senior Center

Have you ever wanted to make jewelry or repurpose and redesign an item into something you love? Kate Jewell and Mary Greenwall are excited to share the basics of jewelry making with you on **Tuesday, February 13 at 1 p.m.** at Orcas Senior Center. The cost to participate is \$15 and will include some basic jewelry making supplies. Unlock your creativity with this Valentine's Day-themed class featuring beads, wire, and findings to craft stunning earrings, bracelets, and necklaces.

Contact Mary Greenwell at [pw68@orcasonline.com](mailto:pw68@orcasonline.com) or Kate Jewell at [drkatejewell@yahoo.com](mailto:drkatejewell@yahoo.com) for info. Everyone welcome!

## Virtual Movement Classes

### **Pam's Power Hour with Pam Evans (Mon./Wed./Fri., 9 a.m.)**

Low-impact strength, conditioning, and flexibility class that includes lots of stretching. \$10 per class. Contact Pam at 360-317-4636 or [baca9214@gmail.com](mailto:baca9214@gmail.com).

### **Zumba with Alyson Stephens (Tues./Thurs., 9 a.m.)**

Low-impact dance fitness with songs that vary in speed. Also offered in-person at The Odd Fellows Hall. Classes are \$8 each or \$40 per calendar month. Contact Alyson at 360-298-2990 or [alysonclarkstephens@gmail.com](mailto:alysonclarkstephens@gmail.com).

### **Zumba Gold with Mikari Kurahashi (Sat., 9 a.m.)**

Low intensity dance exercise class featuring Latin and World rhythms designed to meet the needs of seniors. Free. Contact Mikari at [mikariski@yahoo.co.jp](mailto:mikariski@yahoo.co.jp).

### **Qigong with Joan Roulac (Wed., 9 a.m.)**

15-minute sessions of Qigong to gently loosen muscles, strengthen immunity, build balance, and increase energy. Four-session series for \$40. Contact Joan at 360-298-2789 or [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

## Bridge Club

Discover the joy of playing bridge every **Tuesday at 1:30 p.m.** with the Bridge Club. Forge new friendships and enjoy the strategic thrill of bridge. For info, reach out to Edy Hansen at 206-413-6167 or [edy@orcasseniors.org](mailto:edy@orcasseniors.org).

## LYT Yoga Class

Join Tara Plank's invigorating movement sessions inspired by LYT yoga, a core-centered vinyasa technique crafted by a licensed physical therapist. Geared towards beginners, yet open to all levels, these sessions foster alignment and efficiency. Simply bring your mat (and yoga blocks if available). For further details, explore [www.alignmovementtherapy.com](http://www.alignmovementtherapy.com) or reach out via email at [tara@alignmovementtherapy.com](mailto:tara@alignmovementtherapy.com).

Classes meet on **Mondays and Wednesdays starting February 5, from 5:30 p.m. to 6:30 p.m.** at Orcas Senior Center.



## Super Bowl Cookie Class

**Friday, February 9 at 2 p.m.**, we will be getting to the end-zone with six cookies and using four colors in this winning class! The class admission is \$45. Don't get left on the bench, secure your spot by purchasing tickets at <https://bakesy.shop/b/sweetpeascokieco/category/offerings>.

## Afternoon Tea

A traditional afternoon tea with lovely table settings is being held at Orcas Senior Center on **Thursday, Feb. 1 p.m. at 2 p.m.** Visit with friends and enjoy tea, sandwiches, cookies, and Sherrie's famous scones. Piano music provided by Ron Myers. For inquiries or interest in helping, please contact Maggie Kaplan at 360-376-5372 or [mkaplan@centurytel.com](mailto:mkaplan@centurytel.com).

## Feldenkrais Method/Eurythmy

No Feldenkrais in February but it will return **Tuesdays at 11 a.m. in March**. For all inquiries, contact Andrea Preiss directly by email at [sound-movement@hotmail.com](mailto:sound-movement@hotmail.com) or call 206-383-7705. To learn more about Andrea view her website, [www.sound-movement.org](http://www.sound-movement.org).

## Weekly Card Club

Come join the Card Club at Orcas Senior Center every **Monday and Thursday from 12:30 p.m. to 3 p.m.** Whether you're a seasoned pinochle player or have a new game to share, we'd love to have you join in the fun. For additional details, please reach out to Linda Todd at 360-376-4969.

## Art with Carla!

Art with Carla, **Fridays, 1 p.m. to 3 p.m.** at OSC, is a lighthearted class focusing on the creative process, with a strong belief in artistic potential, regardless of skill level. Adults of all ages are invited to come be creative people together (no experience required!). The cost for the class is \$10 (\$8 for members of OSC). For all inquiries, contact Carla at [onlyonorcas@gmail.com](mailto:onlyonorcas@gmail.com) or 360-317-5652.

## Meeting of the Minds: A Brief History of Navigation

Captain Norm Petersen, with decades teaching, and exploring the seas, delves into the intricate nuances of navigation. Crafting a precise worldwide navigation system remains an arduous task, yet today, we wield this formidable tool born from history.

Join us at Orcas Senior Center on **Wednesday, February 21 at 1 p.m.** as we unravel the tumultuous historical odyssey that is navigation.



## Ukulele Kanikapila and Beginners' Ukulele

Experience the joy of making music at Ukulele Kanikapila, Hawaiian for "play music," every **Monday from 1 p.m. to 3 p.m.** at Orcas Senior Center. This gathering is open to everyone with an interest in playing music for two hours each week.

If you're a novice looking to progress, join the twice-weekly beginners' class on **Tuesdays and Thursdays from 12 p.m. to 1 p.m.** Kathy will guide you through introductory chords and strumming techniques. The class is free, but you must bring a ukulele.

For all ukulele related inquiries, including information about borrowing a ukulele, please email Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).



# February Menu

## Senior Lunch In-Person on Mon. and Wed.

Salads served at 11:30 am and hot entrees served at noon.

\$5 suggested donation for ages 60+.

### MONDAY

#### FEBRUARY 5

Vegetarian Ziti  
Garlic Bread  
Caesar Salad  
Dessert

### WEDNESDAY

#### FEBRUARY 7

Minestrone Soup  
Herb & Cheese Toast  
Garden Salad  
Dessert

#### FEBRUARY 12

Chicken Pot Pie  
Garden Salad  
Fresh Fruit

#### FEBRUARY 14

Beef Stew  
Jasmine Rice  
Garden Salad  
Dessert

#### FEBRUARY 19

CLOSED FOR  
HOLIDAY



#### FEBRUARY 21

Salmon Filet  
Wild Rice Pilaf  
Harvest Veggies  
Garden Salad  
Dessert

#### FEBRUARY 26

Tuna Casserole  
Peas & Carrots  
Garden Salad  
Dessert

#### FEBRUARY 28

Orange Chicken  
Jasmine Rice  
Spring Roll  
Asian Slaw  
Fortune Cookie



All menus subject to change due to food cost and availability.



## Island Rides Available

IslandRides is available to island residents for free rides and deliveries. If you would like a ride to the senior center, to an appointment, to buy groceries, or to run errands, call 360-672-2201. During the season of inclement weather, IslandRides service may be unavailable, so please plan ahead and have plenty of food and other supplies on hand. If you are interested in being a volunteer driver, call that number or visit [www.IslandRides.org](http://www.IslandRides.org).

## Show and Tell!

Embrace the spirit of love! Whether it symbolizes a romantic relationship, family bond, beloved pet, or a passion close to you, share it during our Valentine's Day Show and Tell. Your item could be a photo, a creation, a collectible, a discovery, or a gift received.

Join us after Senior Lunch on **Wednesday, February 14 at 1:00 p.m.** and tell us the story behind what your item. Each month brings a new theme.




















## Dementia Friendly Orcas

By Orcas Senior Center

Orcas Senior Center joined a nationwide initiative connecting communities, organizations, and individuals dedicated to enhancing support for those living with dementia and their caregivers. The center is actively participating in a project facilitated by Dementia Friendly America, known as Dementia Friendly Communities ([www.orcasseniors.org/dementia-friendly](http://www.orcasseniors.org/dementia-friendly)).

Dementia Friendly Orcas, a workgroup of cross-community volunteers, hopes to engage our community to understand the scope and impact of memory loss and dementia on Orcas Island. The group will assess our community's current ability to support people with cognitive difficulties and memory loss. As we identify needs for improvement, we will plan for providing the education, community support, and resources that people living with dementia, their families, and caregivers need to live fully and safely. Take our survey, accessible at the bottom of [www.orcaslibrary.org/dementia-friendly-orcas](http://www.orcaslibrary.org/dementia-friendly-orcas).

# February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>In-person lunches are hosted on Mondays and Wednesdays. Suggested donation is \$5 for 60+. Salads served at 11:30 am and hot entrees are served at Noon.</p>				<p><b>1</b> <b>Island Hearing by Appointment</b> 9 am Zumba 10 am Chair Yoga 12 pm Ukulele Class 12:30 pm Card Club 2 pm Tea</p>	<p><b>2</b> 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla</p>	<p><b>3</b> <i>National Pisco Sour Day</i> 9 am Zumba </p>
<p><b>4</b> <i>National Thank Your Mail Carrier Day</i> </p>	<p><b>5</b> 9 am Power Hour 11:30 am <b>Senior Lunch!</b> 12:30pm Card Club 1 pm Ukulele &amp; Caregiver Support Group 5:30 pm LYT Yoga</p>	<p><b>6</b> 9 am Zumba 10 am Chair Yoga 10:30 am Powerful Tools 12 pm Ukulele 1 pm Meditation &amp; Needlework 1:30 pm Bridge </p>	<p><b>7</b> 9 am Power Hour &amp; Qigong 11:30 am <b>Senior Lunch!</b> 1 pm Socrates Café 5:30 pm LYT Yoga </p>	<p><b>8</b> 9 am Zumba 10 am Chair Yoga 11 am Strength Conditioning 12 pm Ukulele &amp; Heart Health 12:30pm Card Club 1pm Quilting</p>	<p><b>9</b> 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 2 pm Cookie Class </p>	<p><b>10</b> <i>National Flannel Day</i> 9 am Zumba </p>
<p><b>11</b> <i>National Latte Day</i> </p>	<p><b>12</b> 9 am Power Hour 11:30 am <b>Senior Lunch!</b> 12:30pm Card Club 1 pm Ukulele &amp; Caregiver Support Group 5:30 pm LYT Yoga</p>	<p><b>13</b> 9 am Zumba 10 am Chair Yoga 10:30 am Powerful Tools 12 pm Ukulele 1 pm Meditation, Needlework &amp; Jewellery Making 1:30 pm Bridge</p>	<p><b>14</b> 9 am Power Hour &amp; Qigong 11:30 am <b>Senior Lunch!</b> 1 pm Show &amp; Tell 5:30 pm LYT Yoga </p>	<p><b>15</b> 9 am Zumba 10 am Chair Yoga 11 am Strength Conditioning 12 pm Ukulele 12:30 pm Card Club </p>	<p><b>16</b> 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla </p>	<p><b>17</b> National Cabbage Day 9 am Zumba </p>
<p><b>18</b> <i>National Drink Wine Day</i> </p>	<p><b>19</b> <b>SJC and OSC CLOSED</b> </p>	<p><b>20</b> 9 am Zumba 10 am Chair Yoga 12 pm Ukulele 1 pm Meditation &amp; Needlework 1:30 pm Bridge </p>	<p><b>21</b> 9 am Power Hour &amp; Qigong 11:30 am <b>Senior Lunch!</b> 1:00 pm Meeting of the Minds 5:30 pm LYT Yoga</p>	<p><b>22</b> 9 am Zumba 10 am Chair Yoga 11 am Strength Conditioning 11:30 Diabetes Support Group 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting</p>	<p><b>23</b> 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla </p>	<p><b>24</b> National Tortilla Chip Day 9 am Zumba </p>
<p><b>25</b> <i>National Quiet Day</i> </p>	<p><b>26</b> 9 am Power Hour 11:30 am <b>Senior Lunch!</b> 12:30pm Card Club 1 pm Ukulele &amp; Caregiver Support Group 5:30 pm LYT Yoga</p>	<p><b>27</b> 9 am Zumba 10 am Chair Yoga 12 pm Ukulele 1 pm Meditation, Needlework &amp; Book Club 1:30 pm Bridge</p>	<p><b>28</b> 9 am Power Hour &amp; Qigong 11:30 am <b>Senior Lunch!</b> 5:30 pm LYT Yoga </p>	<p><b>29</b> 9 am Zumba 10 am Chair Yoga 11:00 Strength Conditioning 12 pm Ukulele 12:30 pm Card Club </p>		



## Watercolors Class is Returning in March

Returning in **March**, explore your artistic potential with a watercolors class at Orcas Senior Center, **Mondays from 9:30 a.m. to 11 a.m.** Robbie Walker, an experienced instructor with years of expertise in drawing and watercolors, will guide you through the techniques she has perfected.

The classes require a nominal fee of \$10 per session, and participants are encouraged to bring their basic supplies. To secure your spot and obtain more information on required supplies and class specifics, contact Robbie directly at 360-376-7714 or [robbielouwalker@orcasonline.com](mailto:robbielouwalker@orcasonline.com).

## Socrates Café

Join us for an inclusive gathering of different perspectives open to sharing thoughts on intriguing subjects. Socrates Café meets after lunch on the **first Wednesday of the month at 1 p.m.** The next meeting will be **February 7**. Coffee and tea will be provided. For questions, contact Norm by email at [normp741@aol.com](mailto:normp741@aol.com).

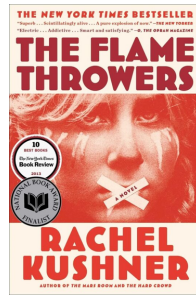
## Quilting Group

Passionate about quilting? If so, join us on the **second and fourth Thurs.** of each month **1 to 4 p.m.** at OSC. Bring your current quilting project and discover what others are working on. For questions, contact Edy Hansen at 206-413-6167 or [Edy@orcasseniorg.org](mailto:Edy@orcasseniorg.org).

## Yoga with Sam

Join Samantha Fisher in a holistic movement practice suitable for all experience levels. With over three years of teaching experience, she draws from her training in Hatha Yoga and Integrated Movement Therapy.

Classes take place on **Fridays at 11:30 a.m.**, with a donation-based fee (suggested \$10, \$8 for OSC members). Participants are encouraged to bring their own mats and, if available, blocks and blankets. For inquiries or supply needs, contact Samantha at 360-600-7372 or [samantharichellefisher@gmail.com](mailto:samantharichellefisher@gmail.com).



## February Book Club: *The Flame Throwers* by Rachel Kushner

Reno, so-called because of the place of her birth, comes to New York intent on turning her fascination with motorcycles and speed into art. Reno is submitted to a sentimental education of sorts —by dreamers, poseurs, and raconteurs in New York and by radicals in Italy, where she goes with her lover to meet his estranged and formidable family. Ardent, vulnerable, and bold, Reno is a fiercely memorable observer, superbly realized by Rachel Kushner. (Simon & Schuster, n.d.)

To participate in this month's Book Club, which meets on **Tuesday, March 6 at 1 p.m.**, contact Stephen Bentley at 360-376-2299 or [stephen@swbentley.com](mailto:stephen@swbentley.com).

## Holistic Strength and Conditioning Class

Eva-Maria Petri, a seasoned certified trainer with 15+ years' expertise, leads an accessible strength and conditioning class on **Thursdays at 11 a.m., starting February 8**. Targeting back and abdominal muscles, this workout incorporates stabilizing and mobilizing exercises to fortify and support your spine, enhancing overall posture. Tailored for everyday life, it adapts to varying fitness levels. Beyond strengthening, the session concludes with essential stretches to alleviate muscle tension. Addressing common imbalances caused by daily activities, regular participation in these exercises can alleviate discomfort and positively influence individual movement patterns. Eva-Maria's expertise centers on seniors and core training, offering a holistic approach to improve posture and overall well-being through her guided sessions.

## Current Services Provided

**Community Lunch** is served in person at the Orcas Senior Center on Mondays and Wednesdays. Please join us! \$5 suggested donation for ages 60+. Salads are served at 11:30 am and hot entrees are served at Noon.

**Home delivered meals** are available for eligible seniors on Mon., Wed., and Fri. Please call Steven Ziegler at 360-370-7525 to check eligibility if you need meal support.

**Case coordination and family caregiver resources** are available to assess and offer options for those in need. Contact Heidi Bruce at [HeidiB@sanjuancountywa.gov](mailto:HeidiB@sanjuancountywa.gov) or 360-370-0591.

**Transportation assistance** for medical appointments may be available. To request a ride or to volunteer as a driver contact Edy Hansen by calling 206-413-6167 or email [Edy@orcasseniorg.org](mailto:Edy@orcasseniorg.org).

**Home Maintenance & Repair** program helps seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Subsidies are not available at this time. Inquire by calling 360-643-4419 or emailing [HomeRepair@orcasseniorg.org](mailto:HomeRepair@orcasseniorg.org).

**Foot care services** are provided by Footcare with a Heart, LLC by appointment only. To make an appointment or to inquire about the fee, please contact Erica Bee at 360-622-8234.

**Programs and activities** are listed on the enclosed calendar, or you can go to the Calendar of Events page at [www.orcasseniorg.org](http://www.orcasseniorg.org) for the latest offerings. For more information, please contact Edy Hansen at [Edy@orcasseniorg.org](mailto:Edy@orcasseniorg.org) or call 206-413-6167.

**Companion Services** are available. Buddy Check-In volunteers are calling their buddies for enriching conversation and companionship for seniors. Are you interested in being matched up with a Buddy volunteer? Contact Lynnette Wood at 360-317-6567 or [Lynnette@orcasseniorg.org](mailto:Lynnette@orcasseniorg.org) to learn more!

**Lions Club Mobility Equipment**  
Mon., Wed., & Fri. 10 to 11 am and by appointment. Stephen Bentley, 360-376-2299.

**Orcas Island Food Bank**  
Tuesdays and Fridays 11 am to 6:30 pm. Next to the Community Church. For questions or information call and leave a message at 360-376-4445.

**Orcas Food Co-op**  
To arrange for home delivery or curbside pick up go to [www.orcasfood.coop](http://www.orcasfood.coop) or call 360-376-2009.

**OPAL Community Land Trust**  
Struggling to make rent or mortgage payment? OPAL is here to help. Call 360-376-3191 or email [opalclt@opalclt.org](mailto:opalclt@opalclt.org).

**Orcas Community Resource Center**  
OCRC works to ensure that all Orcas Islanders have access to services and support for their well-being. Call 360-376-3184 or email [info@orcascrc.org](mailto:info@orcascrc.org).

**Orcas Door to Door**  
Call 360-622-2929 for on-island transportation assistance.

**Weatherization**  
Call OPALCO at 360-376-3500 or OCRC at 360-376-3184 or email [info@orcascrc.org](mailto:info@orcascrc.org).

**Medicare/SHIBA**  
Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available FREE by appointment. Call 360-376-5892 or email [orcasshiba@yahoo.com](mailto:orcasshiba@yahoo.com).

**Energy Assistance**  
Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

**Veterans Administration**  
Call 1-800-827-1000 or 360-370-7470 or email [veterans@sanjuancountywa.gov](mailto:veterans@sanjuancountywa.gov).

**SAFE San Juans**  
Domestic violence and sexual assault services to survivors and loved ones. Call 360-376-5979. To contact Orcas' 24-hour crisis line call 360-376-1234.

**Mobile Integrated Healthcare (MIH)**  
Call 360-762-5035, email [MIH@orcasfire.org](mailto:MIH@orcasfire.org), or see [orcasfire.org](http://orcasfire.org) for information.

**Caregiving Information**  
[OrcasCaregivingConnection.org](http://OrcasCaregivingConnection.org) is an online directory of local caregivers and resources for caregiving on Orcas. Call 1-888-685-1475 for more information.

**IslandRides**  
Daily rides and deliveries by donation. Call 360-672-2201. Volunteer drivers welcome!

**Mert's Taxi**  
Offers FREE transportation to and from the ferry terminal for all Island Hospital and Island Hospital affiliated appointments. Call 360-293-0201 to schedule.

**Hearing Screenings**  
Stacie Nordrum of Island Hearing Healthcare. Call 360-378-2330.

**Social Security**  
Call 1-800-772-1213 or go online to [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

**Mental Health Crisis hotline**  
Call the 24-hour mental health crisis line at 1-800-584-3578 or go to [www.imhurting.org](http://www.imhurting.org).

*Please contact the service for the most updated information.*

Bulk Rate  
U.S. Postage  
PAID  
Permit #2  
Eastsound, WA  
98245

Or Current Resident

San Juan County Health & Community Services

PO Box 1146  
Eastsound, WA 98245

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