

## ORCAS ISLAND SENIOR CENTER EVENTS

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### **Speech-Language Pathology Healthcare at Orcas Senior Center on Thursday, August 11**



Speech-Language Pathologist, Libby Lewis, will offer free cognition and swallow screenings at Orcas Senior Center (OSC) on Thursday, August 11, between 12:30 and 3:00pm. Screenings involve a review of concerns, a brief one-page assessment of cognition or observation of consumption of one food and one liquid item. A discussion of next steps to consider will follow.

Libby Lewis provides speech-language services to adults throughout the region. Her services target assessment and treatment in the following areas: speech articulation, expressive and receptive language, cognition, voice, and swallow safety. To schedule an appointment with Libby at OSC on Thursday, August 11, between 12:30 and 3:00pm, please contact her directly at [libby@breakthrough-speech.com](mailto:libby@breakthrough-speech.com) or 360-230-8010. To learn more about Libby, visit [www.breakthrough-speech.com](http://www.breakthrough-speech.com).

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### **Notary Service by Lisa Spesard: Monday, August 8, and September 9, 9:30am-1pm at Orcas Senior Center**

Do you need some documents notarized? Drop by Orcas Senior Center (OSC) on Monday, August 8, and September 9, 9:30am-1pm for notary services provided by notary public, Lisa Spesard. A donation to OSC is suggested for services provided, but not required. For questions, please contact Lisa at 360-865-4193 or [notary2thesanjuanislands@rockisland.com](mailto:notary2thesanjuanislands@rockisland.com) or visit [www.notary2thesanjuanislandswashington.com](http://www.notary2thesanjuanislandswashington.com) for more information.

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### **Virtual Yoga with Susie Frank: Chair Yoga, Wednesdays, 10:45-11:30am; Slow Yoga, Wednesdays, and Fridays, 9:30-10:30am**

Join Susie Frank for virtual Chair Yoga Wednesdays, 10:45-11:30am or Slow Yoga on Wednesdays, and Fridays, 9:30-10:30am. Chair Yoga is performed with the use of a chair as support. It's a gentle technique allowing seniors and persons with disabilities to practice balance poses without the risk of falling. Slow Yoga incorporates the use of props and supports to help gain access to postures safely and mindfully. It is ideal for those new to yoga or those seeking a slower more supported practice.

An Orcas resident for over 30 years, Susie Frank has been practicing yoga since 2009. She received her yoga teacher certification in 2016 from 8 Limbs Yoga in Seattle. There is a suggested donation of \$10 per class, but nobody will be turned away for lack of funds. Contact Susie directly for participation and payment inquiries at 360-298-4484 or [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

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### **Qigong with Joan Roulac by Zoom**



Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy. The virtual series begins Wednesday, August 3 at 9am. Fee is \$40 for the session.

Coming in September: Relax the body with T'ai Chi Chih and return to a state of health and harmony. This gentle form of exercise can help maintain strength, flexibility, and balance. Designed for people interested in trying T'ai Chi for the first time, this class moves slowly. This four-week class meets virtually, Tuesdays from 12:30 to 1:30pm, beginning September 13. Fee is \$75 for the session.

Joan started teaching T'ai Chi Chih after becoming a certified teacher in 1987, and now leads Zoom classes around the world.

For inquiries and registration, please contact Joan Roulac directly at 360-298-2789 or [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

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### **Kathy's Ukulele Kanikapila @ Orcas Senior Center (Fridays, 10:30-12:30pm)**

Join the Kanikapila, Hawaiian for “play music,” led by Kathy Collister, Fridays, 10:30-12:30pm at Orcas Senior Center (OSC). The first half hour will be a lesson or two and then everyone will have the opportunity to play. A rock and roller at heart, Kathy has been playing for a decade and she would love to introduce you to the joys of making your own music. Adults of all ages with all levels of ukulele expertise are welcome, but as per Kathy's request, please be prepared to show your vaccination card at your first session. Masks and distancing are required at OSC. Adults of all ages welcome. For inquiries, please contact Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).

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