

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

Join the Kanikapila, Hawaiian for "play music," led by Kathy Collister Fridays instead of Thursdays in May. Carolyn Caruso, an expert on ukuleles, will be teaching one-hour lessons at \$20 per session from 11 to noon beginning May 6. Warm up and play will begin at 10:30am for thirty minutes and after the Carolyn's lesson. 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. For inquiries, please contact Kathy at kcollister15@gmail.com.



Spring Clean-Up at Orcas Senior Center: Saturday, April 30, 11am-3pm

Help us make our spring clean-up at Orcas Senior Center a grand success, like last year! We are looking for enthusiastic volunteers willing to get their hands dirty and have a fun time on Saturday, April 30, from 11am to 3pm. Volunteers will help us clean up our grounds by weeding, raking, deadheading, trimming, and much more. Bring your gardening tools and work gloves, come by for all or part of the time, and help us make our grounds beautiful again. Please leave your power tools at home. Water and tasty snacks will be provided by the Tea Ladies! Masks may be required to enter the building. For more information, call 360-919-9312 or email admin@orcasseniors.org. All ages are welcome!



Qi Gong Offerings with Joan Roulac by Zoom

Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qi Gong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy. Series begins Wednesday, May 4 at 9am by Zoom. Fee is \$40 for the series.

Also by Joan Roulac, a new Qi Gong series called Pain Relief Qi Gong will begin Tuesday, May 10 at 12:30pm by Zoom. Learn ancient and modern energy healing techniques that relieve arthritis pain and increase joint mobility. No experience or special clothing required. Fee is \$75 for four sessions.

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.



**Orcas Socrates Café @ Orcas Senior Center by Zoom:
Sunday, May 8, 4-6pm**

Orcas Senior Center continues to virtually host the Orcas Socrates Café from 4 to 6pm on the second Sunday of each month. It's an opportunity to engage in an open discussion on philosophical perspectives. This is not a book club, but rather a conversation, based on the book, Socrates Café: A

Fresh Taste of Philosophy by Christopher Phillips. Each month will offer a new discussion topic, where everyone will be encouraged to exchange philosophical perspectives based on personal experiences. Past topics have included pondering: what is the purpose of wealth and what is enough wealth? And is there a time when common good takes precedence over personal freedom?

We hope you will be compelled to join this friendly community discussion which is sure to encourage insightful dialogue. Register with Steven Ziegler at steven@orcasseniors.org.



Every Body Dancing with Hayley Shannon at Orcas Senior Center – Mondays at 2pm, beginning May 9 [Photo Credit: Jahala Love]

Warm-up mentally and physically with a "braindance," followed by pathways of physical exploration and storytelling through movement for reflection and connection with Hayley Shannon. Find joy and freedom in this creative movement class for adults of all ages and physical abilities.

Hayley Shannon studied dance at Michigan State University, dance/movement therapy in Greece with Dr. Dani Fraenkel and somatic expressive arts therapy at Tamalpa Institute. Moving west to perform and choreograph professionally, she was a faculty member at Creative Dance Center, Pacific Northwest Ballet, and Path With Art. An Orcas Island resident, Hayley believes dance is for every body.

Learn more about Hayley at www.hayleyshannon.com and participate in Every Body Dancing Mondays from 2pm to 3pm at Orcas Senior Center, beginning May 9.

Fees are \$15 per session or \$70 for five, with a discounted rate for Orcas Senior Center members. Contact Hayley directly at 734-904-7131 or hayley@hayleyshannon.com for inquiries.