

UPCOMING EVENTS @ THE SENIOR CENTER

Mammogram Van Coming to Orcas Senior Center - September 19, 20, and 21

Assured Imaging will be at Orcas Senior Center again this year with their Mammogram Van on September 19, 20, and 21. Although one in eight women will be diagnosed with breast cancer, nearly all breast cancer is treated successfully if detected early. Assured Imaging offers a relaxed atmosphere with a friendly, professional, all-female clinical staff. All major insurance is accepted, and no referral is necessary. To schedule an appointment, contact Assured Imaging directly at 888-233-6121 or go to orcasseniors.org for online scheduling.

SHIBA Medicare Presentation: Thursday, September 20 at 1pm by Zoom

Are you planning on enrolling in Medicare, if so, you probably know that Medicare has its own vocabulary and rules, and the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with Medicare questions. San Juan County SHIBA is overseen by the Washington Office of the Insurance Commissioner and sponsored by the Inter Island Healthcare Foundation. The San Juan County SHIBA volunteers will be hosting a free Zoom presentation on Thursday, September 20 at 1pm. Come learn how Medicare works, what your coverage options are, and when you must act to avoid penalties. To register for the free presentation or schedule a free and unbiased appointment, email orcasshiba@yahoo.com or call 360-376-5892.

Move Thyself Now Feldenkrais Class at Orcas Senior Center: Tuesdays, September 20-December 6, 10-11am

Improve movement and improve life by experiencing the Feldenkrais Method with Emillie Novak. You can, at any time, rewire yourself with Emillie's Move Thyself Now introductory 12-week Feldenkrais class. It will give you an opportunity to re-educate yourself through innovative neuromuscular movements. Join Emillie beginning Tuesday, September 20, 10-11am at Orcas Senior Center to learn harmonious and efficient movement to prevent wear and tear, find new actions that release tension, become aware of your "fulcrum of gravity," and experience greater balance. Each session is \$10 or \$8 for friends of OSC (reduced donations accepted if needed). For inquiries and participation, please reach out to Emillie directly at 425-736-1837 or createself.en@gmail.com. A Northwest Guild Certified Feldenkrais practitioner since 2017.

Introduction to Amateur Radio by Greg Hancock by Zoom: Tuesday, September 13, 7-8pm

Amateur Radio (ham radio) brings people, science, and communication together. Radio operators use ham radio between islands, across the oceans, and even into space, all without the Internet or cell phones and often without the power grid. Join Greg Hancock, amateur radio expert, to learn more about this form of communication on Tuesday, September 13, 7-8pm. Greg will also talk about the benefits of obtaining an amateur radio license through the Federal Communications Commission and invite you to participate in the upcoming proctored exam at Orcas Senior Center on Saturday, October 29.

To join the Introduction to Amateur Radio presentation by Zoom, go to the Calendar of Events page at orcasseniors.org on Tuesday, September 13, 7-8pm. For more information, reach out to Greg Hancock directly at 360-375-7144 or greg@agadaga.com. To join the class, follow the link below at the designated time.