

UPCOMING CLASSES & EVENTS FROM THE ORCAS SENIOR CENTER

Orcas Senior Center, Companion Services Participates in GiveOrcas Holiday Catalog: Dec. 1-15

Orcas Senior Center's Companion Services will participate in the GiveOrcas Holiday Catalog, Dec. 1-15. The senior center is working to raise \$15,000 to provide services essential to aging safely in place by reducing isolation, loneliness, depression, and neglect.

Companion Services serves in two ways: Hearts and Hands (home visiting) and Buddy Check-In. Hearts and Hands, an in-home visiting program has been serving homebound seniors and adults with disabilities for years. The Buddy Check-In program began in response to seniors isolating at home due to COVID-19. Although COVID-related restrictions have eased, the need for the Buddy Check-In program to check on seniors and assure their physical support needs and social connection is increasing as clients age. Many "Buddy" relationships have matured into friendships and will progress to Hearts and Hands services as clients' needs increase.

Look for Orcas Senior Center in the OICF Holiday GiveOrcas Catalog starting December 1. Your contribution will make these ongoing senior services possible. Thank you!

Christmas Décor Galore @ Orcas Senior Center

Please stop by Orcas Senior Center to peruse Christmas décor and holiday cards to take home for free or by generous donation. Come find a holiday treasure, Monday-Friday, 9am-3pm.

Qigong with Joan Roulac by Zoom – Wednesday, December 7, 9am

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, December 7 at 9am by Zoom. Fee is \$40 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.

Watercolors Art Class @ Orcas Senior Center: Mondays, 9:30-11am

Are you interested in exploring your artistic side? Orcas Senior Center will host a watercolors class for beginners on Mondays, 9:30-11am. Basic supplies are required to participate and the cost per class is \$5. There is a limit of participants per session so please reach out to instructor, Robbie Walker, to join. To learn more about supplies needed and other details, reach out to Robbie directly at 360-376-7714 or robbielouwalker@orcasonline.com.

Robbie took drawing and watercolors classes with her sister for four years, prior to teaching beginning watercolor classes in Texas.