

# Camano CONNECTIONS

April 2025

*The 55+ Resource Fair connecting our community with valuable services and support.*

## April Highlights

Executive Director's Report

[Page 4](#)

Camano Center Partners  
with Better Age

[Page 9](#)

How Camano Center Helps  
Create Durable Memories

[Page 12](#)

Learn About A New  
Volunteer Opportunity

[Page 15](#)



## HOURS OF OPERATION

### Camano Center

606 Arrowhead Road | Camano Island | WA | 98282

(360) 387-0222

Monday – Friday | 8:00 a.m.—4:00 p.m.

### 2nd Chance Thrift Shop

1335 State Route 532 | Camano Island | WA | 98282

(360) 629-6142

### Shopping

Wednesday through Saturday

10:00 a.m. to 4:00 p.m.

### Donations Accepted

Thursday through Saturday (No Wednesdays)

10:00 a.m. to 4:00 p.m.



**CamanoCenter**  
Get connected.

**camanocenter.org**

### Board of Directors

Kathy Sanchez | President

Larry Carlstrom | Vice-President

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Connie Johnson | Secretary

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## CAMANO CONNECTIONS

Camano Connections is published monthly by Camano Senior Services Association, a 501(c)(3) registered organization located at 606 Arrowhead Road, Camano Island Washington 98282. Opinions or issues presented do not necessarily represent an endorsement by Camano Senior Services Association. There is no implied or actual endorsement of any of the advertisers appearing in this newsletter.

Camano Connections is funded by membership dues, advertising revenues and other fundraising efforts.

# Donations

*February 11– March 10, 2025*

## Appreciation:

Anonymous Donors—2nd Chance Thrift Shop  
Anonymous Donor—AARP Taxes  
Wanda Booth—Medical Rides  
Pat Colvard—AARP Taxes  
Joe Griffore—Tech Tuesday  
Marilyn and Walter Grosjean—AARP Taxes  
Brett Heitt—AARP Taxes  
Jill Johnstone—Old Friends Club Lunches  
Donna and Daniel Joudrey—AARP Taxes  
Patty Prentice and Bobby Kingman—AARP Taxes  
Su Wakefield—AARP Taxes

## General:

Anonymous Donor  
Sue Bowe  
Sally Calton  
Pat Clark and Carol Hoeksema  
Sandra Clemetson  
Robin and Glen Elder  
Vincent and Amber Ferrese  
Marilyn and Walter Grosjean  
Connie and Nick Johnson  
Anonymous Donor  
Kelly and Mark Kraus

## General:

Debbie and Al Martin  
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John Mudge and Claire Riendeau  
Paul and Sandra Schumacher  
John and Karen Selle  
Betsy Shields  
Anonymous Donor  
Phil and Candy Trautman  
Walter Ulness

## In Memory:

Dennis and Joan Blazina—In Memory Mike Heacock

### ***DONATE YOUR VEHICLE!***

**The Camano Center has connected with  
Donate for Charity, Inc. enabling donors to make  
a significant contribution to their  
favorite nonprofit.**

Click [HERE](#) for more information or call the  
**Camano Center**  
**360 387-0222**

**If you are a new Camano  
Center Member joining for  
the first time, we would like  
to invite you to our new  
member lunch. New member  
lunches are typically  
scheduled for the 2nd  
Wednesday of each month.**

**Contact Juliane Abbott for  
more information.**

**[jabbott@camanocenter.org](mailto:jabbott@camanocenter.org)**

## Welcome New Members!



*Back Row: Diane Sarver, John Mudge, Nancy Savage-Purcell, Michael Nelson,  
Dave Spencer Front Row: Susan Cole, Pat Ansley, Sonja Nelson,  
Terry Anderson, Jan Kelly*



# CAMANO CENTER & 2<sup>ND</sup> CHANCE THRIFT

## Executive Director Report for Board of Directors

March 2025



### Upcoming Events

4/5	Camano 101	5/17	Women's Expo
4/27	Linda White Memorial	6/21	Summer Solstice Bazaar
4/30	Chief Yengoyan's farewell event (by Mabana Flames)		

### Past 30 Days:

- 55+ Resource Fair was a big hit. 346 people attended and the feedback was all very positive. Many contacts and networking occurred which is always great for us as staff, and the community. The net profit was \$4,103
- The roof and gutter replacement are complete. The replacement of the old solar will be forthcoming and the major project of solar and batteries will start in June, assuming all supplies arrive as planned.
- Permits have been obtained and paid for through Island County for our entire solar project.
- The CARES team has been working hard applying for grants to fund the project. We will be the fiscal sponsor to apply for grants that support the mission of both entities. An agreement has been sent to Chief Allen for their legal team to approve.
- The Camano Shop reached out to Kathy about collaborating with us on their new endeavor, which is a Camano Lifestyle magazine. They loved our mailer so much that they wanted to talk. We have worked with them on pictures, and text for their inaugural magazine to showcase the center and thrift shop! We have partnered with them on thrift events, and they have become business members recently. They will also be sponsors and a vendor at our Women's Expo.
- Commercial Fire Protection will be performing the repairs on our sprinkler heads in the Sundin room during our maintenance closure week. The project will entail cutting into the drywall in the soffits, so we'll need further repair after the sprinkler fix. Island County Fire & Safety Inspector has been notified and we have approval to wait until June to do the repairs. This has the potential to be a bigger job than we think unfortunately. We won't know the cost until they start the work.
- Board member Ken Johnson is helping me review the 2 bids we had on the new outside freezer/fridge unit. He spoke with a few knowledgeable sources on additional add-ons that were on both bids, as to what we should and should not need. The bid with Stilly Mechanical was accepted and we have made the down payment to get it ordered.
- The meeting with Cheryn Weiser from Island Senior resources and her team went very well. We are all on the same page with not getting too worried about the possibility of Senior Nutrition being cut federally, but we will be making contingency plans should the program end.
- Strategic Planning for 2025-2028 will occur in June. Location and facilitator have been secured, but our facilitator unexpectedly lost her husband 2 weeks ago at 59 years old, so I will be working with Karri Matau to discuss options. The committee will continue to meet and gather the prep work we have started.
- Met with Dan Abshire again to discuss the possible funding through the American Legion Veterans grants to collaborate on IT projects and home repair help for our senior veterans.
- Bloodworks Northwest has let us know that our blood drives are so popular that they will be requesting the biggest truck they have in order to serve all the volunteer donors that want to give. That's our community!



- Traci with Camano Fit and I have decided to drop the SAIL brand name and allow her to add in other evidence-based routines that will keep members engaged and progressing. Traci is fully licensed and bonded, plus is certified in personal training, she is a FallPROOF specialist, and a Senior Fitness specialist, in addition to being SAIL certified. This supports our overarching goal of being of the highest quality and excellence in all we do here.
- Kathy Moe has let us know she will be moving out of the country this summer so we will be working with Traci to absorb the 15-20 members of her Embarc SAIL class. This will happen April 1<sup>st</sup>. We will not be replacing this class since the 1:30-2:30 timeslot has been difficult to fill.
- Nikki Turner has given us notice that she has accepted another job outside of NWRC. She will be here through April 2<sup>nd</sup>. For the short term 2 employees from NWRC will be rotating out on Wednesdays until a more permanent solution is presented.
- We will be hosting a farewell party event for the community to wish Chief Levon Yengoyan well in his “retirement” from Camano Island Fire & Rescue. This will be held from 6-8pm on April 30<sup>th</sup> here in the Sundin room.
- Tom is helping me locate companies that will come to help us clear our parking lots in icy and snowy weather. Our insurance company has also given me advice on contracting details.
- Our weather policy is also being worked on to further detail the responsibilities of staff.
- A few trees in the cluster need to be taken down on the trail at the Center, before they fall on people or cars. Puget Sound Tree has been consulted.
- **Rentals this past 2 months:** Medicare 101 (4 classes), SCAAC Collage Class, Taste Buddies, Our Saviors Lutheran
- **Non-profit meeting space:** CAA meeting
- **Executive Director participated in the following Partnership/Collaborations:** Opportunity Council of Whatcom County, Warm Beach Retirement, Camano Fit, Embarc Fitness, Camano Shop, Island County Falls Prevention Coalition (ICFPC), SCAF, Community Coalition of Stanwood-Camano, Community Foundation of Snohomish County, Cascadia Renewables, CIFR, NWRC, Camano Chamber, Stanwood Camano Food Bank, Executive Director groups, Puget Sound Public Farms, and American Legion

### Grants Open and Pending

Grants	Amount and Status	Designated for
Paul Glaser Foundation	Applied for \$10,000	Old Friend's Club
HRSA- Health Resources and Services Association	Applied for \$250,000	Partnership with Camano Fire for CARES
Olson Foundation	Applied for \$75,000	CARES Chore program
Olson Foundation	Applied for \$75,000	Transportation
Coastal Community Bank	Applied for \$10,000	Walk in fridge freezer

### Thrift Store update:

- Average Customer spend for March to date \$12.91.
- Average Daily gross in sales for March to date is \$2,823.
- Austin's-Lend-a Hand has come out to assess the work needed at the Thrift store to shift the small shed for us. We need to wait until the weather is quite a bit drier.
- Ken has begun planting more of the trees that are needed to help our wetlands east of the store. Thank you, Ken!
- An all-Volunteer meeting will take place on April 1<sup>st</sup> at the thrift shop to cover various items and open up for discussions from the volunteers.

# Programs, Services, & Partnerships Helping Older Adults



*The mission of the Old Friends Club is to cultivate joy in the lives of adults with cognitive challenges and nourish the well-being of family caregivers.*

## How to Join Old Friends Club

Space is currently available for a new club member to join our social model day respite program for people living with dementia, Tuesday or Thursday from 9:30-2:30 at the Camano Center.

We encourage you to contact the Camano Center at (360) 387-0222 to schedule a time to stop by for a visit to see if Old Friends Club is the right match for you and your family member.

## In Home Care Registry

Are you looking for some support in or around your home, or know someone else that is?

Services available might include personal care, companionship, light housekeeping, meal preparation, medication management, transportation, home maintenance and much more!

Click [here](#) for to visit the programs & services section of our website for more information or to view the list. It is available in person at the Camano Center front desk Monday through Friday 8 a.m.–4 p.m.



## Camano Center

### Medical Transportation Program

The Camano Center's Medical Transportation program is a vetted network of volunteer drivers dedicated to providing transportation assistance to those who need it most. By becoming a volunteer driver or contributing as a program donor, you can make a meaningful difference in the lives of others.

Your support enables us to ensure that older adults living beyond the regular fixed-route bus service, those

without access to a car, or individuals who may be living alone and in need of a safe ride to a medical appointment, receive the assistance they require.

Join us in supporting independence, health, and quality of life for our community members. Together, we can make a positive impact, one ride at a time!

**Contact Angie Bayley for more information or to register for the program.**

**(360) 387-0222**



## Foot Care Clinic

*Provided by D & L Essential Services*

Appointments are available on  
the 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> Wednesdays  
at the Camano Center.

Fees are as follows:

\$35 toenails

\$10 fingernails

Checks accepted, cash preferred when possible.

**Call to Schedule your Appointment**

**(360) 387-0222**

## Notary Services Available

*At the Camano Center*

Bonnie Eckley, Executive Director is providing notary services free to Camano Center members and to non-members *by donation*. Please provide at least 24 hours notice by scheduling an appointment.

Appointments are available, most days,  
Monday –Friday 9:00 a.m.—4:00 p.m. by calling the

**Camano Center**

**(360) 387-0222**



## Camano Center Coffee Connection



Members can connect and enjoy free coffee and tea at the Camano Center, Monday through Friday 8 a.m.—2 p.m.

Stop by and relax in one of many seating areas. Read a book, work on a puzzle, or visit friends while enjoying a hot cup of coffee or tea on us. We look forward to seeing you!

**SPONSORED BY:**





# Snow Goose Transit

## *Connecting Older Adults*

Snow Goose Transit is a “flex route” service. A flex route service allows us to pick people up from their front door, if you have mobility issues. The deviation request must be scheduled 48 hours in advanced.

You can schedule a deviation by contacting their office at (360) 629-7403 ext. 101 between 8:00 am and 5:00 pm (Mon-Fri). The buses have room for several passengers and two wheelchairs. Service is provided to Camano Island, Stanwood, Angel of the Winds Casino, Arlington, and Smokey Point.



## Durable Medical Equipment Lending Program



**Camano Center** loans certain types of medical equipment to residents experiencing a temporary or permanent disability. There is no check out system. If you see something you need, take it and bring it back whenever you are done using it.

**Equipment Donations Welcome:** We are always seeking donations of gently used durable medical equipment such as wheelchairs, walkers, crutches, canes, shower chairs and commodes.

**Lending Closet Locations:** 2nd Chance Thrift Shop, 1335 WA-532 or visit Camano Center, 606 Arrowhead Rd, Camano Island.

**For more information call (360) 387-0222**

# Sharing is Caring

## Caregiver Support Group

Are you caring for someone with Alzheimer's or other forms of dementia? This support group meets once a month and is a great way to seek support from those who have the same concerns and challenges related to caregiving for someone with cognitive or memory impairment.

The group meets the 3rd Wednesday of the month at 10:30 a.m. at the Camano Center. Caregivers may come with or without spouse or partner. There is no cost to participate.







## Camano Center Partners with Better Age to Pilot a New Assessment Tool

The Camano Center is one of ten senior centers across Washington selected to participate in a statewide pilot program offering **BetterAge**, a new assessment tool designed to measure and enhance the health and well-being of older adults!

In partnership with [BetterAge](#), we are inviting you to take small but meaningful steps to improve your health and well-being, starting with a free and confidential 7-10 minute assessment that will generate a well-being report and recommendations. You can use this information as a guide to help you identify strengths, areas for improvement and ways you can take action.

Our goal is to get 300 assessments completed by the end of June and to help us reach our goal, if you complete the **Better Age assessment** during this 4-month period, you'll be entered into a drawing to win a \$100 gift card! There will be one drawing each month during the months of March-June (that means if you complete the survey right away, you can be in multiple drawings for \$100)!

**You can complete the assessment using this safe and secure link (which automatically enters you into the drawing):**

**<https://camano-center.health-wellbeing.betterage.net/getStarted/>**

**You can also scan this QR code to get to the assessment**



*The four-month pilot project is supported by a grant from the Washington State Department of Social and Health Services.*

Through this initiative, we anticipate learning more about how the Camano Center can empower older adults to take charge of their overall health and discover new opportunities for engagement, connection, and care.

**Karen Conway, Program Director**

**360-387-0222**

**[kconway@camanocenter.org](mailto:kconway@camanocenter.org)**

# Ensure Plus

## Liquid Nutritional Supplements

**Service provided in partnership with  
Island Senior Resources.**



### Eligibility

Doctor's prescription is required.  
Recipients must be age 60+ (or the spouse of person 60+); unable to shop for and/or prepare a full meal; and at risk for malnutrition.

### Cost

Meals are provided "by-donation" and clients pay what they can. Donations are needed to keep the program running. Suggested donation \$30/case of twenty-four.

**How do I obtain Liquid Nutrition Supplements on Camano Island?** Contact Angie Bayley, at the Camano Center at (360) 387-0222 for assistance.

**You will need to provide a prescription from your doctor and complete an intake form.**

## Senior Serve

### Stanwood-Camano Food Bank

Senior Serve is a free appointment-based food distribution for anyone in need of food age 60+.

**We are open for Senior Serve every Thursday from 11am-12pm.**

Please sign up online before your first visit to the Food Bank. If you haven't visited the Food Bank in over a year or your household situation has changed, please fill out the sign up form again. Sign up for services [here](#).

Yes, appointments are required for shopping at Senior Serve. If you do not have access to a computer or cell



phone, you can sign up or schedule an appointments using the **public computers** at the local Sno-Isle Libraries, both in Stanwood and on Camano Island.

**The Stanwood Camano Food Bank is located at  
27030 102nd Ave NW Stanwood, WA 98292**



**Aging & Disability  
Resource Program Specialist**

**Wednesdays 9 a.m. to 4 p.m.  
at the Camano Center**

## Aging and Disability Resources for Camano Island

NWRC Aging & Disability Resource Program Specialists provide information, referrals, and assistance in obtaining services that support independence, dignity, and health of older adults and people with disabilities.

**Phone (360) 428-1309**

**Email: [adrccamano@dshs.gov](mailto:adrccamano@dshs.gov)**



No one will be turned away because they cannot pay. Checks or cash are accepted; no debit/credit cards. For further information, call (360) 387-0222 or email Lars Wengren.

[camanokitchen@islandseniorservices.org](mailto:camanokitchen@islandseniorservices.org)

Call Monday, Wednesday or Friday by 10 a.m. for Meals on Wheels changes or for meals to go.

If you would like more information on the Meals on Wheels program or to sign up for the first time, call Emily MacCormick, Meals on Wheels Assessor at (360) 672-6416.

Community Lunch is served Monday, Wednesday & Friday. Please be seated by 11:45 a.m.

## April Lunch Entrée

2	Wed	Beef Enchilada Bake
4	Fri	Chop Chop Salad w/Romaine
7	Mon	Roasted Pork Tenderloin w/Dijon
9	Wed	Penne Bolognese w/Beef & Port Sausage
11	Fri	Turkey Sandwich
14	Mon	Biscuits & Sausage Gravy
16	Wed	Chicken Tikka Masala
18	Fri	Beef Yakisoba Salad w/Noodles
21	Mon	Beef Ravioli w/Marinara
23	Wed	Kielbasa w/Pierogi
25	Fri	Chicken Caesar Wrap
28	Mon	Pork Chops
30	Wed	Pepperoni Pizza w/Marinara

**Monday, Wednesday & Friday  
Community Lunch is prepared by  
Island Senior Resources in  
partnership with the  
Camano Center.**



## Meals on Wheels Information

Nutritious, well-balanced meals (that meet 1/3 of daily nutritional requirements for older adults) delivered to your home at noon by friendly volunteers. Provides essential human connection.

Client wellness checks provide information, resources, and a sense of security for family and loved ones.

For short-term and long-term needs. Delicious, healthy meals; most meals made from scratch; sugar free and gluten free meals available.

Recipients must be age 60+ (or the spouse of person 60+); unable to shop for and/or prepare a full meal; and at risk for malnutrition.

Meals are provided “by-donation” and clients pay what they can.

# How Camano Center Helps Create Durable Memories



I was thinking about memories that we carry with us, and I became focused on the idea of “Durable” memories.

Durable - Merriam Webster definition:  
“Something that is able to exist for a long time

without significant deterioration in quality or value”.

Many of our memories fade with time – become obscure and lose detail. But some memories are “Durable”. Particularly those that are stimulated by something left to us by our family, friends, etc.

In my house, I have paintings, quilts, picture frames, toolboxes, arts and crafts projects that were completed by family and friends, and when I see them on the wall or sitting on a shelf somewhere, that “Durable” memory pops into my head.

One of the best examples of that is the oil painting that hangs near the front door in my house. It was done by my mother after she retired and found time for herself. She enrolled in an art class to learn to paint with oils. One day, she told me that she would like to do a painting for me, and asked if there was a particular subject that I would be interested in. I have always been fascinated by paintings of sailing ships navigating rough waters. Sometime later, when visiting, mom showed me a pencil sketch on canvas. She had started my painting

project. She would finish the painting, Dad would frame the painting, and I get to see it every day.



The end result is that she created a “Durable” memory for my family and me, that takes us back and allows us to visit with her on a high level. This is a memory that does not fade with age.

(Side Note: My mother and my wife’s aunt worked together at the Santa Clara County School District and took painting classes together. This connection between mom and aunt eventually led to Diane and me meeting on a blind date. The rest is history).

We all have an opportunity to create “Durable” memories through activities offered at The Camano Center. In addition to opportunities for musicians, card players and quilters, there is a paint group that meets twice a week. I visited



one of the painting groups recently and sat down with Kitty Tanji, Idonna Pieper Nelson, Gail Austin and Sue Ryan to get some information on the activities that they are involved in. Here are some of the comments that they provided:

- Currently, there are 2 Paint Groups meeting at the Center
  - \* Tuesday Paint Group – 8 a.m. to 11 a.m.
  - \* Friday Paint Group – 12:30 p.m. to 3:30 p.m.
- Virtually all forms of expression are explored, for example, oils, watercolors, acrylic, colored pencil, pastel, cards, stencil, etching and many more. The exposure to different styles is much better than in a class.
- All skill levels are invited and encouraged. The environment is very friendly and inclusive.
- The lighting in the room is excellent!

The participants learn from each other and are very collaborative. Opportunities for networking, growth in skills and capabilities are

abundant.

As individuals, some members of the paint groups are associated with the Stanwood-Camano Arts Guild, the Camano Arts Association, Camano Center Summer Solstice Arts and Crafts Fair and the Camano Center Holiday Craft and Gift Bazaar.

Many participants are attracted by the large art community that exists on Camano Island. There more than 10 local art shows that occur during the year on Camano Island and in Stanwood.

In addition to creating art projects for family and friends, many of the artists find sales opportunities for their projects.

The painting groups are an activity that is free to Camano Center members. So join one or both groups, create those “Durable” memories for family and friends, socialize, explore, learn and even profit from you experiences at the Camano Center. Your friendly contact for more information is: Kitty Tanji (360) 572-4123 or [dragoes@me.com](mailto:dragoes@me.com)



*Tuesday Morning Paint Group with works in progress: Tom Nelson, Idonna Pieper-Nelson, Sue Ryan, Junko Budd & Gail Austin*

# Volunteers

## Are Making Waves



April is National Volunteer Month. At the Camano Center and 2<sup>nd</sup> Chance Thrift Shop, we know that volunteers are the heart of our community.

Whether they are helping at the thrift shop, driving older residents to

medical appointments, serving meals, or maintaining our beautiful gardens, their work

creates ripples that extend far beyond what we can see.

One small act—like greeting a guest at the front desk, delivering a meal, being an Old Friend or helping someone find their favorite author to read—can set off a wave of kindness, support, and connection that reaches throughout our island.

Thank you to every volunteer who gives their time and energy to make the Camano Center a welcoming place. Your dedication is felt in every wave you make!

*Sincerely,*

*Lisa Brents*

*Volunteer Services Manager*



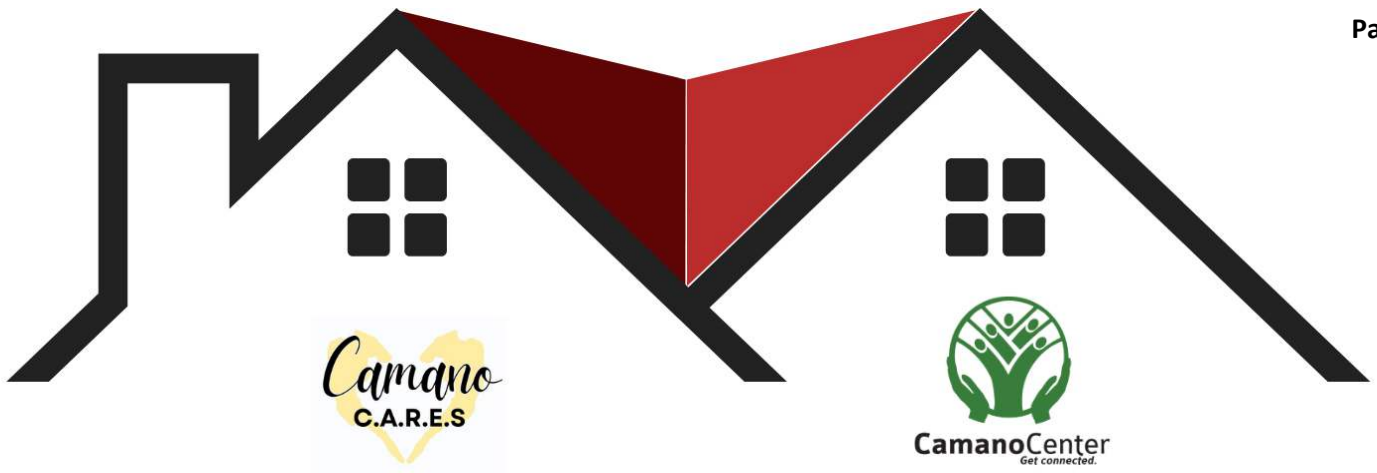
# HOLD YOUR HORSES!

More Information Coming Soon!  
19th Annual Gala Auction  
Benefiting the Camano Center

SAVE THE DATE  
September 27, 2025







## LEARN ABOUT A NEW VOLUNTEER OPPORTUNITY CAMANO CHORES PROGRAM

**April 10 | 2:45 PM**

**Camano Center 606 Arrowhead Way**

Help older adults remain safe in their homes! Camano Chores is a new volunteer program matching community members with those needing assistance with everyday tasks.

Volunteers can help with:

- ✓ Tech help (online appointments, phones, grocery orders)
- ✓ Non-financial paperwork assistance
- ✓ Yard work, errands, light cleaning & organizing
- ✓ Minor home repairs (small fixes for safety)

This program will be on an as-needed basis, and volunteers can choose which projects to assist with based on their availability and comfort level.

Join us for an informational meeting to learn more about how this program will work and see if it's the right fit for you—attending does not commit you to volunteering.

Interested in learning more but can't attend?

Contact Lisa at 360-387-0222 or [lbrents@camanocenter.org](mailto:lbrents@camanocenter.org)

**Saturday, May 17, 2025**  
**10am - 4pm**



# Women's Expo

***The Camano Center***  
*606 Arrowhead Road, Camano Island*

***HEY LADIES!***

**Grab your friends and treat yourselves to a day of fun!**

- ***Free Admission***
- ***Retail Therapy***
- ***Delicious Eats***
- ***Refreshing Sips***
- ***Amazing Raffles***
- ***Empowering Vibes***
- ***Woman Focused-Resources***

**Empowerment Sponsor**



**Inspiration Sponsor**



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**Photobooth By:**





# BUSINESS MEMBERS

*Please Support these Businesses who Support the Camano Center*

**Join Us and Sign Up Today!**

[A Better Solution In-Home Care](#)

[Acanthus Floral & Garden Design](#)

[American Cremation & Casket Alliance](#)

[Anthony Castiglione eXp Realty](#)

[Ballard Insurance Agency, LLC](#)

[Beach & Blvd Real Estate](#)

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[Camano Animal Shelter Association \(CASA\)](#)

[Camano Arts Association \(CAA\)](#)

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[Camano Fit](#)

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[Windermere Real Estate / C.I.R.](#)

# Activities and Hobbies

## *At the Camano Center*

**The schedule is  
subject to  
change. Check  
the calendar  
before you leave  
home!**

The Camano Center has a variety of daily, weekly and monthly activities. Some group sizes vary, may be limited and there may be other participation requirements. Where applicable, when playing for money, Camano Center Membership is required.

**Most activities are free of charge to current Camano Center members & non member charge for each activity is \$5.00 payable at the front desk at check-in.**

**Click on the activity title for participation information on each activity or visit our [calendar](http://camanocenter.org) at [camanocenter.org](http://camanocenter.org).**

### **Get Creative** *Art & Sewing*

#### Tuesday Paint Group

Every Tue  
8:00-11:00am  
Location: Craft Room

#### Friday Paint Group

Every Fri  
12:30-3:30pm  
Location: Craft Room

Tuesday and Friday Paint are an all medium paint community.  
Contact: Kitty Tanji (425) 985-1319 (text only), (360) 572-4123 or email: [dragoes@me.com](mailto:dragoes@me.com)

#### Needle Works

Every Thu  
9:00-11:00am  
Location: Craft Room

We quilt, knit, crochet, do embroidery, and more. We share projects, patterns, thoughts, support and laugh a lot!  
Contact: Mary Beckham  
(360) 387-6958

#### Mending Hearts Quilting Group

1st & 3rd Mon  
8:00-12:00pm  
Location: Craft Room

Work on your own project or work on disaster quilts. Fabric provided for disaster quilts.

#### Hero Quilters

3rd Wed  
10:30-3:00pm  
Location: Craft Room

The Stanwood-Camano Hero Quilters make patriotic quilts for wounded soldiers. They are distributed through [americanheroquilts.com](http://americanheroquilts.com).  
Contact: Sharon Szekely  
[sharonsseams2b@yahoo.com](mailto:sharonsseams2b@yahoo.com)

### **Get Strategic** *Cards & Games*

#### Cribbage

Every Tue  
1:00-4:00pm  
Location: Library

Group Contact: Bill Coons  
(206) 825-3727

#### Hand & Foot Canasta

Every Wed  
12:30-3:30pm  
Location: Education Room  
Contact: Pat Bass (415) 283-7929







**JOIN  
THE FUN**

**CONTACT  
MARY RAUCH  
(360) 387-1142**

**MONDAYS  
12:30 P.M. - 3:30 P.M.  
PLAY  
PINOCHLE**

**FREE TO CAMANO CENTER MEMBERS**



### Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

Contact: Mike Bloom

(425) 971-1379

### Mah Jongg

Every Mon

9:00-12:00pm

Location: Education Room

Mah Jongg is a game of skill, strategy and luck and is a lot of fun. Contact: Melinda Brown

(360) 387-2940

### Pinochle

Every Mon

12:30-3:30pm

Location: Education Room

Pinochle is a fast paced game that can provide hours of fun!

Contact Mary Rauch

[mjrauch@wavecable.com](mailto:mjrauch@wavecable.com)

or (360) 387-1142.

## Get Curious *Special Interest*

### Camano Center Lending Library

All Weekdays

9:00-4:00pm

Location: Library

Camano Center features an honor system lending library. Find a book you like and take it home. Bring it back when you are finished. That's all you have to do.

### Friendship Tea

1st Tue

10:30-11:30am

Location: Education Room

"A cup of tea shared with a friend is happiness tasted and time well spent" – Anonymous. Join us for tea, treats, and a nice visit with friends, both old and new.

Contact: Connie Johnson

(360) 652-7211

### Turning Pages Book Club

1st Wed

2:30-3:30pm

Location: Library

The Camano Center Book Club meets the first Wednesday of the month. Reading list is from the Sno-Isle library.

Contact: Janet Penny

(360) 403-5502

### Travel Talk

2nd Fri

10:00-12:00pm

Location: Craft Room

Do you enjoy sharing your travel experiences or hearing from others of their travel adventures? In April we will hear of stories and photos of the African colonial history, traveling in Kenya and Tanzania, including Ngorangoro Crater and Olduvai Gorge, trekking for the mountain gorillas in Rwanda, and exploring the wonders of ancient Egypt .

Contact: Mark Kraus

(425) 503-9072

## Get Vocal *Music Makers*

### Beginning Ukulele

Every Tue

1:00-2:30pm

Location: Education Room

Current Class is in session.

Contact Ellen Suffern if you are interested in future Ukulele lessons.

[ellensuffern@wavecable.com](mailto:ellensuffern@wavecable.com)



### Music Group

Every Tue

1:00-3:15pm

Location: Jensen Room

Acoustic non-amplified musical instruments (except for bass guitar). We play specifically vocal music with accompaniment & instrumentals.

Contact: Robin Widoff  
(707) 312-1112

### Classic Country & Folk

Every Thu

2:00-3:45pm

Location: Jensen Room

Classic country music with a smattering of folk songs. Format - singing country music together, including 20-30 minutes of practice for our gig with Old Friends' Club, on the third Thursday of each month, 12:00-1:00.

Group Contact: Lois Giles  
(206) 235-3123

### Cowboys Music Group

Every Fri

1:00-3:45pm

Location: Education Room

**The genre** is mostly country and western classics, and related classic folk, and country rock. Most acoustic instruments are suitable

**Group Contact:** Jack Rensel  
Join us and get added to the mailing list.

### Camano Ukulele Ensemble

Every Mon

1:00-3:00pm

Location: Craft Room

Contact: Val Schroeder  
(360) 387-2236.

## **Get Active** *Exercise & Fitness*

### LIFT

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

### LIFT

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

### Pilates/Yoga Fusion

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

LIFT and Pilates/Yoga Fusion  
Instructor: Carol Pope (425) 344-9505 12-class punch card \$84. A 12-class punch card for Camano Center Members is \$75. Drop-in fee \$12 per class. Enter class through the back patio door.

### Line Dancing Class

Every Wed

3:00-4:00pm

Location: Sundin Room

Ready to kick up your heels and join the dance floor? We're all about fun and fitness rolled into one awesome experience!

Instructor: Kari Dziewiontkoski  
\$10/person or \$8/Center Members

### Camano Fit & Steady

This a strength, balance, and flexibility fitness class for adults 65+. The class is one hour long and is held 2 or 3 times a week and is conducted by Traci Smith, a certified instructor who is trained to meet individual needs and set goals. All classes are currently at capacity.

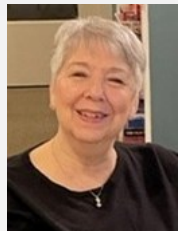
## **Get Smart** *Computer & Phone Help*

### Tech Tips

Every Tue

10:00-12:00pm

Location: Library



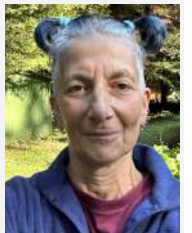
Call the Camano Center (360) 387-0222 or stop at the front desk to schedule an appointment with Wanda Hill for help with your Windows operating system, MS Word, Excel, Outlook. General questions welcome. Sorry no Macs or phones.

### MacBook and iPad/ iPhone Tutoring

1st & 3rd Wed

1:00-2:30pm

Location: Library



Need help using your Mac laptop, iPad or iPhone? Joyce Lukaczer will be at the Camano Center the 1st and 3rd Wednesday.

Sign up for a 30 minute private All questions welcome! Email Joyce to sign up [fact@msdeadlines.com](mailto:fact@msdeadlines.com).

# What's Age Got to Do With It?

## *Deferred Dreams and Roads Less Taken*



Some friends and I were comparing notes one day about how our earliest answers to the perennial question adults like to ask children, “What do you want to be when you grow up?” had been quelled by adult scorn or limiting circumstances, forcing us into lives far from those we’d dreamed of. Of course, broken relationships of any kind can derail our dreams just as decisively.



<https://www.youtube.com/watch?v=u6Zf8W8Fw20>

Except for the rare few who were actually able to realize those dreams of how they wanted their lives to go, most of us probably have similar stories about the dreams we had to defer, taking roads that led us far afield from where we thought we wanted to be.

So, how should we view those deferred dreams - as Langston Hughes mourned in his poem of anger and regret, “Harlem”, or as Robert Frost’s more open-

ended conclusion in “The Road Less Traveled”? Most importantly, how have the outcomes shaped our lives?

For me, it went something like this...

When my parents absolutely refused to help finance my dream of becoming an artist, I found myself identifying strongly with the question posed in Hughes’ poem, “*What happens to a dream deferred?*.”

<https://www.poetryfoundation.org/poems/46548/harlem>

Over the ensuing years, I found myself identifying more and more with the complexities of Robert Frost’s outlook on how the choices we make shape our lives.

*“Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference.”*

<https://www.poetryfoundation.org/articles/89511/robert-frost-the-road-not-taken>



<https://www.youtube.com/watch?v=1vrEljMfXYo>



Looking back, let's consider what actually happens to a dream deferred or downright denied, and whether the choice of one road over another is as life defining as we imagined at the time we decided where to begin our journey? Maybe it would be better instead to focus on all of the enriching experiences and connections we made along the way, despite having taken a different route than we'd hoped for, and how much of who we are now is because of the disappointed dreams we started the journey with.

Perhaps the paths we finally find ourselves on, for whatever reason, actually gave us more of an opportunity to grow, and to influence the lives of those we encountered along the way than our original dreams would ever have. Rather than regret what we may have lost, why not instead rejoice in what we've gained? Besides, who says our journey is over? Remember, Hughes spoke of dreams *deferred*, not denied...



<https://www.youtube.com/watch?v=kRb2rx86aAo>

Pictures by FreePik

Connie Johnson  
CSSA Board Member

~2025~  
**Friendship Teas**  
"Bring a Friend – Make a Friend"  
10:30-11:30  
**First Tuesdays**  
Camano Center

January 7
February 4
March 4
April 1
May 6
June 3
July 1
August 5
September 2
October 7
November 4
December 2

The event poster is decorated with a border of various floral teapots and cups. The central text is in a mix of green, red, and black fonts, with the dates listed in a white box with a blue border.

Call CONNIE (360) 652-7211 for more Information

**CAMANO CENTER'S**  
**2ND CHANCE THRIFT**

**2ND CHANCE THRIFT SHOP**  
**Wednesday-Saturday**  
**10:00 a.m.- 4:00 p.m.**

**Donations Accepted Thursday - Saturday**  
**360.629.6142**

**2NDCHANCETHRIFTSHOP.ORG**

The poster features a background image of a large, modern building with a glass facade. The text is overlaid in a white box with a blue border. The logo at the top is a red circle with a green tree and the text "CAMANO CENTER'S 2ND CHANCE THRIFT".





## Our Values

We behave with compassion, respect, and integrity. We foster an environment of inclusion and continuous growth. We act with a heart of service.

## Our Vision

A community where older adults are empowered to live their lives to their fullest potential.

## Our Mission

Create and provide opportunities that support healthy aging, independence, and well-being for older adults in our community.

## Contact Us

[info@camanocenter.org](mailto:info@camanocenter.org)  
606 Arrowhead Road  
Camano Island | WA | 98282  
(360) 387-0222