

The Wonderland Gala

18th Annual Gala Auction
Benefiting the Camano Center
Saturday, September 28, 2024
Doors Open at 5:30 p.m.



Save the Date

Tickets on Sale 9.3.24
Limited Tickets Available
CAMANOCENTER.ORG

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MONROVIA
Flower Carpet Red

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Camano Center gardens are full of summer color.



CamanoCenter

Get connected.

HOURS OF OPERATION

Camano Center

606 Arrowhead Road | Camano Island | WA | 98282
(360) 387-0222
Monday – Friday | 9:00 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.

Board of Directors

Kathy Sanchez | President
Larry Carlstrom | Vice-President
Shirley Swanson | Treasurer
Connie Johnson | Secretary
Paul Foster
Linda Hadley
Jeff Highland
Ken Johnson
Kelly Kraus
Darlene Miller
Michal Scott

Camano Center & Thrift Shop Staff

Bonnie Eckley | Executive Director
Karen Conway | Programs Director
Kendall Faragher | Information Systems Manager
Cindy Hand | Development Director
Angie Bayley | Community Services Manager
Lisa Brents | Volunteer Services Manager
Juliane Abbott | Member Services Manager
Karen Bueschke | Bookkeeper
Adin Collver | Catering Director
Elaine Traversi | Hospitality Coordinator
Tina Dinzl-Pederson | OFC Program Coordinator
Cheryll Davis | OFC Program Assistant
Christine Longdon | OFC Program Assistant
Tom Clark | Maintenance Director
Sylvia Moon | Thrift Shop Supervisor
Nicole Conover | Assistant Thrift Shop Supervisor
John Cross | Thrift Shop Receiving
John Schulz | Thrift Shop Receiving
Mickey Reed | Cleaning Team

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

June 11– July 10

Appreciation

Anonymous —2nd Chance Thrift Shop
Anonymous—Tuesday Tech Tips
Bob LaLanne—Medical Transportation
Kathy & Steve Sanchez —Aging Mastery
Anonymous—Friendship Tea
Flor Vargas —Community Meal Services
Annette Hollingworth— Medical Transportation

General

Anonymous Donor
Ginny Berube
Patricia and Hiram Bronson
Pat Clark and Carol Hoeksema
Dwain Colby
Paul Savoie and Myrna Corcoran
Randy and Diane Daniel
Robin and Glen Elder
Vincent and Amber Ferrese
Marilyn and Walter Grosjean
Michael Morishima

General

Connie and Nick Johnson
Jill Johnstone
Anonymous Donor
Mark and Kelly Kraus
Sandra Hiramatsu
Brad and Lynnette Roberson
Paul and Sandra Schumacher
Betsy Shields
Kevin and Sheri Standley
Phil and Candy Trautman
Duane Simshauser



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](#) or call us at the Camano Center at (360)-387-0222, if you are interested in learning how easy it is! Donate for Charity accepts cars, trucks, motorcycles, RVs, boats and airplanes!

Welcome New Members!

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



Left to Right: Robin Andersen, Kathlyn James & Cathy Bruce

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Gala LIVE Auction Donation Wish List

Unique Experiences

- Vacation Home or Timeshares
- Frequent Flyer Miles
- Dinner Party or BBQ
- Lesson or Session with Professional
- Fly Over
- Luxury or Classic Car Rental/Lease
- Boat and Whale Tours

Home & Garden

- Outdoor Furnishings/Décor
- Interior Design Services
- Cleaning Services
- Painting/Roofing Services
- Landscape Materials & Garden Help

Sports & Equipment

- Electric Bikes
- Autographed Sports Memorabilia
- Tickets to Sporting Events (Kraken, Seahawks, Mariners, Sounders, Storm)

Dining & Entertainment

- Restaurant Gift Certificates
- Hotel Gift Certificates
- Theater or Concert Tickets
- Local Adventures

Personal Items

- Beauty or Spa Certificates
- Boutique Gift Certificates
- Pet Services
- Floral/Bouquet Deliveries

Gala Auction Dessert Dash

**Seeking Fabulous Dessert
Donations for the Camano Center's
18th Annual Gala Auction 9.28.24**

Please contact
Debbie Martin at
debra.kay.martin@gmail.com
or call 360-387-0222 for more
information

UPCOMING CANCELLATIONS for Annual Fundraising and Community Events

*The following will be canceled on the dates listed so that we may
prepare for our annual events.*

Thursday

September 26

Needle Works, Duplicate Bridge,
Taste Buddies

Reason: Gala Auction Set-up

Friday

September 27

All SAIL Classes, Paint Group,
Tai Chi, Cowboys Music,
Community Lunch

Reason: Gala Auction Set-up

Thursday

October 10

Duplicate Bridge
Reason: Art by the Bay

Friday

October 11

All SAIL Classes, Tai Chi,
Community Lunch, Cowboys Music

Reason: Art by the Bay

Thursday

October 17

Lift/Pilates, All SAIL Classes,
Yoga Fusion, Duplicate Bridge

Reason: Camano Island Chamber
Businessperson of the Year Luncheon

Friday

November 15

Paint Group, Island Writing Circle,
Cowboys Music
Event: Holiday Craft & Gift Bazaar

EXCITING NEWS FOR CAMANO ISLAND RESIDENTS!



The Camano Center applied for a competitive grant through the Washington State Department of Commerce to receive funds to supply solar power and battery back up to our building. The grant will enable us to bolster our resilience in a power outage or emergency event. We are pleased to announce that we have been awarded this opportunity! See the press release below:

The Washington State Department of Commerce announced \$72.6 million for 71 grants for

community clean energy projects across Washington that advance environmental justice and equity. The funding will benefit communities in 24 of Washington's 39 counties through solar projects, hydrogen fueling, electricity microgrids and more. Funded by Washington's Climate Commitment Act, these clean energy grants are part of a more than \$117 million opportunity, which included \$7.5 million for a tribal clean energy fund announced in May.

"These awards get money into the hands of people who can immediately put it to use fighting climate change," said Commerce Director Mike Fong. "These communities were empowered to use their own discretion to create projects that meet their needs, which will improve outcomes for everyone in Washington."

Overall, projects vary from feasibility studies to microgrid development, installing solar

panels paired with energy storage and facilitating greenhouse gas reductions from hard-to-decarbonize sectors such as industrial processes. Awardees include local governments, schools, nonprofits, private businesses, tribes and others. All of the projects had to include environmental justice angles — that is, they had to benefit the people most impacted by climate change.

Many of these groups had little or no experience with applying for these types of grants or conducting the kinds of engineering and technical feasibility studies necessary. That's where Commerce's technical assistance came in. Commerce contracted with Cascadia Renewables and Sazan Group to provide experts to consult with communities and complete feasibility studies to get project proposals ready to successfully apply for funding.

"I didn't really understand what I was getting into," said Ann Mayer of the process. Mayer is the director of children's and family ministries at Federal Way United Methodist Church. The church received \$872,403 for solar and storage at the church and its associated daycare, and technical assistance to complete its application. "There was a lot of

FUNDED BY WASHINGTON'S
CLIMATE 
COMMITMENT
ACT 

technical stuff I didn't know, and they were there to support me and answer questions the whole way. ... I couldn't have done it without their help, quite honestly."

The church is in an area with a high number of immigrants and historically marginalized people, and its services extend beyond its congregation. With the new solar and storage system, the church plans to become a regional emergency shelter and food distribution facility in the event of a natural disaster or grid disruption. Funds saved through the project's installation will support the church's numerous programs and services, including a free store, food service program, and utility payment support fund. The Federal Way UMC submitted a plan based on its need — as was the program's goal. Awardees were asked to submit proposals that met the needs of their communities- rather than forming their project to prescriptive award rules. Commerce's Energy Programs in Communities (EPIC) unit designed three award streams

to support communities facing different climate threats. They created the strategy using community feedback and had community reviewers assist with evaluating applications to ensure a broader perspective. That resulted in the selection of 71 unique projects benefiting unique communities.

"If we want to successfully address climate change, we need to center the voices of underrepresented community members," said community reviewer Shalimar Gonzales, who lives and works in King County. "The opportunity to provide a community review lens on grant applications was a great way for Commerce to center those that are feeling the pain of climate change first, worst, and longest." For more on this work:

[Climate Commitment Act dollars at work: Commerce awards \\$72.6 million for community decarbonization work in 24 counties - Washington State Department of Commerce](#)

The Community Decarbonization Solar + Storage Grant is supported with funding from Washington's Climate Commitment Act. The CCA supports Washington's climate action efforts by putting cap-and-invest dollars to work reducing climate pollution, creating jobs, and improving public health. Information about the CCA is available at www.climate.wa.gov.

We are excited to get started on this endeavor and be an important contributor to the island's emergency planning. We will be replacing our current composite roof in preparation for the solar installation in the fall with a metal roof. This expense is not covered in the grant, but we felt it was an important portion of the overall sustainability of the solar grids long into the future. As we move forward with this project, we will share updates!

*Bonnie Eckley
Executive Director*



Washington State
Department of
Commerce

Programs, Services & Partnerships Helping Older Adults

Stanwood Camano Food Bank

27030 102nd Ave NW, Stanwood

The Stanwood Camano Food Bank functions as a grocery store model where their members can come in and shop with assistance from volunteers! They are open for food distribution on Wednesdays from 10am-3pm, and Saturdays from 10am-2pm.

The food bank provides a wide variety of foods including basic staples and canned foods, as well as fresh produce, dairy products, meat, bread, baby food and diapers when available.

Senior Serve is a free appointment-based food distribution for anyone in need of food age 60+. They are open for Senior Serve every Thursday from 11am-12pm. Appointments are required for shopping at Senior Serve. Click [here](#) to make an appointment to shop!

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

Appointments are available on the 1st, 2nd, 4th & 5th 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





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.

Ensure Plus *Liquid Nutritional Supplements*

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?

The liquid Nutritional Supplement Program is provided through Island Senior Resources. 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.

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](#) 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 9am–4pm.





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.

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

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.

August Lunch Entrée

2	Fri	Southwest Chicken Salad
5	Mon	Tender Chicken Strips
7	Wed	Swedish Meatballs
9	Fri	Tuna Salad on Croissant
12	Mon	Teriyaki Chicken
14	Wed	Chicken Parmesan w/Marinara
16	Fri	Italian Pasta Salad
19	Mon	Pulled Pork Sandwich on Bun
21	Wed	Lasagna w/Ground Beef
23	Fri	Turkey Club Wrap
26	Mon	Fish Sandwich on a Bun
28	Wed	Sliced Ham w/Pineapple Sauce
30	Fri	Chicken Salad on Ciabatta

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 at (360) 387-0222.



Camano Center Coffee Connection

Members can now connect and enjoy free coffee at the Camano Center Monday through Friday 9am until 2pm.

Stop by and relax in our seating area. Read a book, work on a puzzle or visit with friends while enjoying a cup of coffee on us.

Sponsored By:



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



Nikki Turner

Aging & Disability
Resource Program
Specialist

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



OLD FRIENDS CLUB®



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.

Old Friends Club News

Old Friends Club at the Camano Center celebrated our 1-year anniversary this month! The first day of our club was July 13, 2023, when we welcomed families to our Thursday Old Friends Club sessions. Ten months later, on April 16, 2024, we added in our second day



of programming on Tuesdays. We marked the occasion with cake, a few words from our board and staff and our favorite game; volleyball! Over the year our staff, club members and volunteers have made deep friendships, enjoyed music, created art, shared stories

and pictures, laughed and danced and supported each other through ups and downs. Old Friends Club has created a “ripple effect” of impact here at the Center – with groups like Friendship Tea, Ukulele, Acoustic Music, Cowboy Music and artists engaging with our club by sharing their time and talents. We look forward to many more days of shared time together!

We have a few spaces available for new club members on Tuesdays in our Old Friends Club, social model day respite program. If you are interested in a visit to the club to see if it is the right match for your family member, please complete an Initial Inquiry Form, by clicking [here](#) and our staff will be in touch with you.

If you are interested in finding out more about volunteering with our Old Friends Club program, please reach out to Lisa Brents, Camano Center Volunteer Coordinator at lbrents@camanocenter.org

Have any other questions about Old Friends Club? Give us a call at (360) 387-0222.



Join the adventure!



You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

Camano Center

will be running the Aging Mastery Program® soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

Classes will be held Fridays,
October 4th –December 13th
10:00-11:30 PM

at the Camano Center
606 Arrowhead Road
Camano Island, WA 98282

Cost per person for 10 classes is \$60

*Please contact the Camano Center
if class fee is a barrier. Limited Scholarships available.



Limited spots available: Sign up now!

The program will launch on Friday, October 4th, 10:00—11:30 PM
but participants have to be signed up by September 30th (space is limited)
Please RSVP to: Karen Conway, kconway@camanocenter.org
by September 30th (space is limited)



CamanoCenter
Get connected.

606 Arrowhead Road, Camano Island, WA
360-387-0222

Become a Dementia Friend

Free 60-Minute Information Session - All are welcome



Session Information:

The Dementia Friends Information Session






will be at

The Camano Library

848 N Sunrise Blvd

Thursday, August 22, 3:00 p.m. - 4:00 p.m.

Receive information about:

-  Dementia and the most common type
-  5 key messages to know
-  Communication tips and strategies
-  Ways to take action
-  Resources and support



CamanoCenter
Get connected.



**Dementia
Friends
Washington** 

A Dementia Friendly America initiative

BUSINESS MEMBERS

Please Support these Businesses who Support the Camano Center



Connect with the Community & Support the Camano Center

Non-Profit Business Member Highlight



August
2024

We are thrilled to highlight Josephine Caring Community as July's non-profit Camano Center business member!

Josephine has been dedicated to enriching lives through compassionate care and support since 1908. Their mission is to provide exceptional care for all generations, emphasizing mind, body, and spirit.

In addition, Josephine Caring Community has generously sponsored our Coffee Connection for 2024! Their support will help us continue to create a warm and welcoming atmosphere for all our visitors!

Thank you, Josephine Caring Community, for your incredible support and dedication to making a positive impact!

Join Us and Sign Up Today! [Business Membership Form](#)

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

[Acanthus Floral & Garden Design](#)

[American Cremation & Casket Alliance](#)

[Ballard Insurance Agency, LLC](#)

[Beard Financial Group](#)

[CASA – Camano Animal Shelter Association](#)

[CAA – Camano Arts Association](#)

[Camano Chapel](#)

[Camano Fit](#)

[Camano Island Dental Center](#)

[Camano Island Mosquito Control District](#)

[Camano Kerri – North48 Real Estate](#)

[Coastal Community Bank](#)

[Designs Northwest Architects](#)

[Jared D. Johnson – Edward Jones](#)

[Ronald A. Kennedy – Edward Jones](#)

[Elite Interiors & Design, LLC](#)

[Enviro-Con Landscaping Materials, LLC](#)

[Ethan Home Repair & Remodeling, LLC](#)

[Family Resource Home Care](#)

[Friends of Camano Island Parks \(FOCIP\)](#)

[Good Knight Homes - North48 Real Estate](#)

[Heritage Bank](#)

[Homewatch Caregivers](#)

[Island Harvest Farm](#)

[Jan Mather – Camano Island Expert - Windermere](#)

[Josephine Caring Community](#)

[Land Title and Escrow](#)

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[Law Offices of Julie M. Herber](#)

[Massage on Camano](#)

[McPherson Pest Control](#)

[Northwestern Mutual](#)

[Our Legacy Fields](#)

[Paws and Wings Place](#)

[Pope Chiropractic](#)

[Puget Sound Tree Care, LLC](#)

[Right At Home](#)

[Shirley A. Swanson, EA – Tax Preparation](#)

[Shoebox Baking Company](#)

[SLM Financial Services](#)

[Social Dance Simplified](#)

[Stanwood Hearing](#)

[Stanwood Lions Club](#)

[State Farm Insurance – Leslie Tripp Agent](#)

[The Picnic Pantry and Parlour](#)

[Vidor & Associates, Inc.](#)

[Visual Photography with Tara Howard](#)

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

Camano Center Members

Share Their Love of Music



Many researchers, around the world, have found good reason to appreciate the benefits of music derived by the human being.

Music is one of the most universal ways of expression and communication for humankind and is present in the everyday lives of people of all ages and from all cultures around the world. And there is an increasing body of empirical and experimental studies that suggests that there are many dimensions of human life – including physical, social, educational, psychological (cognitive and emotional) which can be positively affected by engagement in music.

Such benefits are evidenced across the lifespan. (Take my word for it 88 researchers from 17 different countries cannot be wrong!)

And believe me – Camano Center supports humanity fully with its commitment musical community!

So – your first question is, obviously, how can I get involved?

Let's talk about the music activities currently available at Camano Center.

Mondays – 1pm to 3pm Camano Ukulele Ensemble

Ukulele players gather to share Ukulele songs, and to sing those songs, many with harmonies involved. Contact Val Schroeder (360) 387-2236, if you would like more information.

In September, Ellen Suffern will be starting up another beginning

ukulele *class* for those wishing to learn how to play the Ukulele. If you are a beginner already, be sure to sign up and brush up on your skills. Details on [page 23](#).

Tuesdays – 1pm to 3pm Music Group

Robin Widoff walks the group through new songs to start the session that he has collected from various sources, with many from movie soundtracks. Then, moves on to more songs that are more familiar to round out the session. A very good way to learn new songs and polish some that the group has been working on. Guitars, Mandolins, Violins, Bass etc. are welcome, and again, singing and harmonies play a significant part. Click [here](#) for more information about Music Group.

Music Group





Cowboys Music Group

Fridays – 1pm to 3:30pm Cowboys Music Group

Jack Rensel, Lee Clemetson and Lois Giles lead a group working on Country songs that we all know and love. Guitars, violins, Ukuleles, Mandolins, Drums, Bass instruments, etc., are all featured and again, singing and harmonizing are all features. Click [here](#) for more information about Cowboys Music Group.

All these groups are available for community events. Call or email the group contact for more information. The various groups have played for the Udalady Ladies Aid, the Sno-Isle Library on Camano Island, the Camano Island Chamber of Commerce and are willing to consider other opportunities as well.

In addition, the groups play for lunches at the center and lunches for the Old Friends Club.

Beginners and accomplished players. singers and audience members alike are all invited to join in the fun and share their talents. Bringing the gift of music to our friends, family, neighbors and many others whom we touch in our lives is a special gift that we give to ourselves, and the best part is that all of this is free to Camano Center members!

*Paul Jantzen
Camano Center Member*



Camano Ukulele Ensemble



Click on the links below if you would like to read more on the impact and benefits of music.

[Johns Hopkins Medicine](#)
[National Institute on Aging](#)
[Better Aging](#)
[The BBC](#)

Activities and Hobbies

At the Camano Center

The Camano Center has a variety of daily, weekly and monthly activities. Some group sizes vary and 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 & the non-member charge for each activity is \$5.00 payable at the front desk at check-in.

Click on the activity title for more information on each activity.

Click [here](#) to be directed to our calendar for more information on activities.

Check before you go.
Schedule is subject to change.

Get Creative

Art & Sewing

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

Paint Group 1

Every Tue

8:00-11:00am

Location: Craft Room

Paint Group 2

Every Fri

12:30-3:30pm

Location: Craft Room

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

Mending Hearts Quilting Group

1st & 3rd Mon

8:00-12:00pm

Location: Craft Room

Open to all crafters. Work on your own project or work on disaster quilts. Fabric provided for disaster quilts. Contact: Joan Huehnerhoff (425) 754-6620

Hero Quilters

3rd Wed

10:30-3:00pm

Location: Craft Room

The Stanwood-Camano Hero Quilters make patriotic quilts for wounded soldiers.

Contact: Sharon Szekely

sharonsseams2be@yahoo.com

Get Smart

Computer & Phone Help

Macbook and iPad/iPhone

Tutoring

1st Fri

1:30-3:00pm

Location: Library



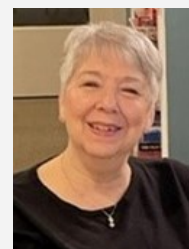
Sign up at the front desk for a 30-minute private Q&A / tutoring session with Joyce.

Tech Tips

Every Tue

10:00-12:00pm

Location: Library



Sign up at the front desk for 30-minute tutoring. Wanda covers MS Word, Excel, Outlook. General questions welcome. Sorry no Macs or phones.

Cards & Games

Get Strategic



Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

Contact: Myrna Corcoran

(360) 770-4197 for information.

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

(360) 387-1142.

Cribbage

Every Tue

1:00-4:00pm

Location: Education Room

Contact: Hilda Story

(425) 220-4562

Hand & Foot Canasta

Every Wed

12:30-3:30pm

Location: Education Room

It is a multi-player game that requires strategy, skill, and a bit of luck.

Contact: Patt Bass

(415) 283-7929

Get Curious *Special Interest*



Friendship Tea

1st & 3rd Tue

10:30-12:00pm

Location: Education Room

Contact: Connie Johnson

(360) 652-7211

Turning Pages Book Club

1st Wed

2:30-3:30pm

Location: Jensen Room

Reading list is from the Sno-Isle library.

Contact: Janet Penny

(360) 403-5502

Travel Talk

2nd Fri

10:00-12:00pm

Location: Jensen Room

Do you enjoy sharing your travel experiences or hearing from others of their travel adventures? Or enjoy travel vicariously? Each month at Travel Talk we will have a slideshow presentation of someone's travels. August presenter is Dave Carpentier presenting on his trip to China.

Questions or if interested in presenting one of your trips, contact Mark Kraus.

(425) 503-9072

(Continued on page 20)



CRIBBAGE

Players Wanted

Every Tuesday 1-4

at the Camano Center

**Contact Hilda Story
(425) 220-4562**

(Continued from page 19)

[Camano Center Lending Library](#)

All Weekdays

8:00-4:00pm

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. This library is managed by volunteer librarians who manage all donations of current fiction and non-fiction *hard back books*.

Get Active

Exercise & Fitness

Lift & 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.

[LIFT](#)

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

[Pilates/Yoga Fusion](#)

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

Stay Active & Independent For Life

SAIL is a popular strength, balance & flexibility fitness program for adults 65+. The class is one hour long and is conducted by Traci Smith, a certified SAIL instructor who is trained to meet individual needs and set goals. Class meets in the Sundin Room. Click on the link to any class for complete information.

[\(9:15 A.M.\) Stay Active & Independent for Life](#)

Every Tue/Thu

9:15-10:15am

Class is at capacity

[\(10:15 A.M.\) Stay Active & Independent for Life](#)

Every Tue/Thu

10:15-11:15am

Class is at capacity

[\(11:15 A.M.\) Level 1 Stay Active and Independent for Life \(SAIL\)](#)

Every Tue/Thu

11:15-12:15pm

Location: Sundin Room

This is a seated class for the mobility challenged. There is a waitlist.

[\(8 A.M.\) Stay Active And Independent For Life \(SAIL\)](#)

Every Mon/Wed/Fri

8:00-9:00am

Location: Sundin Room

[\(9 A.M.\) Stay Active And Independent For Life \(SAIL\)](#)

Every Mon/Wed/Fri

9:00-10:00am

Location: Sundin Room

(Continued on page 22)



ISLAND writing circle

1st & 3rd Friday
Beginning September 6
12:30 pm - 2:30 pm

Contact: Elizabeth Dalton
edalton1011@aol.com

An informal group open to anyone wanting to write as we aspire to write what's important to us individually.

free to camano center members



2ND CHANCE THRIFT SHOP

EVERYTHING CHRISTMAS SALE

*Proceeds Benefit
the Camano Center*

Price of all Christmas items is by donation. Shoppers should bring their own shopping bags.

August 17, 2024

9:00 AM - 3:00 PM

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

2ndchancethriftshop.org



(Continued from page 20)

(10 A.M.) Stay Active and Independent for Life (SAIL)

Every Mon/Wed/Fri
10:00-11:00am
Class is at capacity

Yang Style Tai Chi

Every Fri
11:00-12:00pm
Location: Education Room
Instructor: Tom Hiegler
(360) 420-3426

Line Dancing Class

Every Wed
3:00-4:00pm
Location: Sundin Room
\$10/person
\$8/Camano Center Members
Instructor: Kari Dziewiontkoski
(206) 375-4151

Get Vocal

Music Makers

Camano Ukulele Ensemble

Every Mon
1:00-3:00pm
Location: Craft Room
Contact: Val Schroeder
(360) 387-2236.

Music Group

Every Tue
1:00-3:15pm
Sundin Room
Acoustic non-amplified musical instruments (except for bass guitar. Soft/light rock & roll, Folk tunes, Blue Grass, Country, Show Tunes, Jazz, Hawaiian, Easy Listening and Classical.
Contact: Robin Widoff
(707) 312-1112

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.

The group is managed by: Lee Clemetson, Lois Giles and Jack Rensel. To participate come to the Camano Center and once you start you can be added to an email contact list.

Beginning Ukulele

Every Tue
9/10/24-11/19/24
12:30-2:00pm
Location: Education Room
Discover the joy of ukulele playing. Class starting in September. Space is limited. Contact Ellen Suffern if you are interested. ellensuffern@wavecable.com

10:30 a.m. - 12:00 p.m.



~2024~
FRIENDSHIP TEAS
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Come for Tea & Treats
STAY FOR A GOOD VISIT WITH FRIENDS
(Both Old & New)
1ST & 3RD TUESDAYS
Contact: **Connie 360-652-7211**

February 6th & 20th
March 5th & 19th
April 2nd & 16th
May 7th & 21st
June 4th
July 2nd & 16th
August 6th & 20th
September 3rd & 17th
October 1st & 15th
November 5th & 19th
December 3rd & 17th

CAMANO CENTER
Members - FREE NON-Members - \$5



BEGINNING UKULELE

DISCOVER THE JOY
OF UKULELE PLAYING!

Camano Center
606 Arrowhead Road
Camano Island
1:00 P.M. Tuesdays

Our ukulele lessons are the perfect
opportunity to discover the joy of playing
this beautiful instrument.

Class starts September 10
Space is limited

Contact: Ellen Suffern
ellensuffern@wavecable.com

Free to Camano Center Members

camanocenter.org





REGIONWIDE EVENT

Spaghetti Dinner FUNDRAISER

Celebrating National Senior Center Month

TICKETS ARE FREE!

RSVP TO THE CENTER
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TO SUPPORT THE
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CENTER.**

THANK YOU!

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CULTURE AND RECREATION
360-363-8400
WEDNESDAY SEPT 11 12:00PM



CamanoCenter

CAMANO
CENTER
360-387-0222
THURSDAY SEPT 12 12:00PM



CASCADE
SENIOR CENTER
360-436-0646
FRIDAY SEPT 13 4:30PM



LAKE STEVENS
SENIOR CENTER
425-335-0345
MONDAY SEPT 16 5:00PM



LYNNWOOD
SENIOR CENTER
425-670-5050
WEDNESDAY SEPT 18 5:00PM



EDMONDS WATERFRONT
CENTER
425-774-5555
FRIDAY SEPT 20 12:00PM



MONROE COMMUNITY
SENIOR CENTER
360-794-6359
FRIDAY SEPT 20 5:00PM



STILLY VALLEY
CENTER
360-653-4551
THURSDAY SEPT 26 4:00PM



SNOHOMISH SENIOR CENTER
HAPPY PLACE
360-568-0934
THURSDAY SEPT 26 4:30PM



LINCOLN HILL
CENTER
360-629-7403
FRIDAY SEPT 27 5:00PM



SKY VALLEY
CENTER
(360) 793-2400
SATURDAY OCT 19 4:30PM

What's Age Got to Do With It?

Keeping It Cool

"Dear weather, stop showing off... We know you're HOT!!! –Unknown

Walked out onto the sunny part of the deck barefoot this afternoon and experienced something I hadn't felt since leaving Kansas in the late spring of 1987 – scorched soles! Here's a song my tingly feet made me think of...

"Cat on a Hot Tin Roof" (Soundtrack - w/ Clips)
https://www.youtube.com/watch?v=tvSrr-w_AH0

Reminded me of exactly how I used to feel about summer...

"I hate summer, to be honest. I hate dressing. I hate the heat. I hate sweaty people aggressively close to you when you're walking down the street." --Johnny Weir

Apparently, I'm not the only one who has ever felt this way...

"Ah, summer, what power you have to make us suffer and like it." –Russel Baker

Puts me in mind of a song I listened to over and over sitting at the counter in my folks' "mom & pop" gas station/grocery store during one long, hot summer back in Kansas...

"Hot Town Summer in the City" – Lovin' Spoonful
<https://www.youtube.com/watch?v=iLIg8DGR06w>

After our very cool and rainy Spring (remember that?) I guess the "looking on the bright side" attitude should be...



"I'm glad it's finally hot enough to complain about how hot it is." – Anonymous

<https://www.fillingthejars.com/quotes-about-summer-heat/>

So, as with many things in life over which we have no

appreciable control, best to just relax and enjoy what we can. Play a little music, sip a cooling drink, soak up some sunshine (but not too much!) and savor the breezes that come our way...

Six of the best: versions of Gershwin's "Summertime"
<https://www.classical-music.com/articles/six-best-versions-gershwins-summertime>

"Escape (The Pina Colada Song)" - Rupert Holmes
<https://www.youtube.com/watch?v=TazHNpt6OTo>

"Call Me the Breeze" – Lynyrd Skynyrd
<https://www.youtube.com/watch?v=DDrS9uNG83w>

Of course, too much of a good thing always has its drawbacks. Just a quick note of caution with some important tips on staying healthy in the heat...

SUMMER SAFETY TIPS FOR SENIORS FOR STAYING COOL, HYDRATED



"HAPPINESS IS A GLASS OF COLD WATER AFTER A WALK HOME IN HOT WEATHER."
— UNKNOWN

<https://evenglow.org/summer-safety-tips-for-seniors-for-staying-cool-hydrated/>

In other words, Keep Cool!!!

West Side Story – "Cool" (1961)
<https://www.youtube.com/watch?v=wugWGhItaQA>

Here's what I really think about any day when the temperatures are above the 70's, though...)
"I'm pretty sure humans were intended to hibernate all summer. I'm sure that I'm one of those humans. Wake me up in October." --Unknown

Connie Johnson
CSSA Board Member

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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
606 Arrowhead Road
Camano Island | WA | 98282
(360) 387-0222