



CAMANO SENIOR SERVICES ASSOCIATION
MEMBERSHIP MEETING
 Members in Good Standing Are Encouraged To Attend

JULY 24, 2023
6:00 P.M.
CAMANO CENTER


 Jeff Highland
 CSSA Board President

Details Start On Page 4

July Highlights

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Camano Center Wild Flowers
Photo by: Bonnie Eckley



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

Jeff Highland | President
Kathy Sanchez | Vice-President
Shirley Swanson | Treasurer
Connie Johnson | Secretary
Larry Carlstrom
Marilyn Grosjean
Linda Hadley
Ken Johnson
Kelly Kraus
Michal Scott

Camano Center & Thrift Shop Staff

Bonnie Eckley | Executive Director
Karen Conway | Programs Director
Tina Dinzl-Pederson | OFC Program Coordinator
Cheryll Davis | OFC Program Assistant |
Kendall Faragher | Information Systems Manager
Cindy Hand | Donor Relations Director
Angie Bayley | Administrative Assistant
Lisa Brents | Volunteer Services Manager
Karen Bueschke | Bookkeeper
Adin Collver | Catering Director
Linda White | Hospitality Coordinator
Tom Clark | Maintenance Director
Sylvia Wentz | 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.



2ND CHANCE THRIFT SHOP

Christmas

In July

Saturday

JULY

29TH

9 a.m. to 4 p.m.

GARAGE SALE

at: Camano Center

606 Arrowhead Road

Camano Island

SALE SUPPORTS OUR PROGRAMS & SERVICES
PRICE OF ALL CHRISTMAS ITEMS IS BY DONATION!
MAKE US AN OFFER!



CAMANO SENIOR SERVICES ASSOCIATION

MEMBERSHIP MEETING

Members in Good Standing Are Encouraged To Attend



JULY 24, 2023



6:00 P.M.



CAMANO CENTER



Jeff Highland
CSSA Board President



Bylaws



Agenda



Meeting Minutes



CamanoCenter
Get connected.

Camano Center | 606 Arrowhead Road | Camano Island

Camano Senior Services Association

Minutes of the Annual Membership Meeting

July 25, 2022

Call to Order and Welcome—The 2022 CSSA Annual Membership Meeting, held at the Camano Center, 606 Arrowhead Road, Camano Island, was called to order by President Kathy Sanchez at 6:00pm on July 25, 2022. She welcomed those present and introduced members of the Board. Bonnie Eckley introduced members of the staff.

Board of Directors present were: President Kathy Sanchez; Vice President Marilyn Grosjean; Secretary Jeff Highland; Treasurer Bruce Spong; Bonney Lemkin; Connie Johnson; Ken Johnson; Linda Hadley; Shirley Swanson. Michal Scott and Mark Phibbs were excused.

Ex-officio member of the Board of Directors present: Bonnie Eckley

There were 19 CSSA members in attendance, in addition to Board members.

Approval of Minutes—The Minutes of the of the 2021 Annual Membership Meeting of June 26, 2021 were unanimously approved, as published.

Camano Center Moment—Bonnie Eckley used a personal visit to the home of a senior on the island to illustrate her hopes for the anticipated Camano Coffee Bar at the Camano Center. Bonnie noted that Center is in the process of creating a hospitality room which would be a gathering place for older adults each morning, with opportunities to socialize and share interests.

President's Report—Kathy Sanchez began her report by stating that the past year could be characterized by the words “renew and refresh”. Recognizing the hard work of professional staff and committed volunteers, Kathy noted that Center has reorganized

and restarted many of its programs. The Board of Directors engaged in a guided strategic planning process in the Spring of 2022 to update the Vision, Mission, Values, and Strategic Goals of the Center. The recommitment to the original Mission of the CSSA, with older adults as the center of programming and activities, will provide a clear and empowering focus for all those engaged in implementing it. Using PowerPoint visuals, Kathy then presented the revised Vision, Mission, Values, and the five Strategic Goals of the 2022-2025 Strategic Plan.

Treasurer's Report—Using PowerPoint visuals, Bruce Spong presented financial results “in a nutshell”. He compared Revenues and Expenses for CSSA over the past four years, illustrating the significant improvement in the finances of the Association over this period of time. As an example, in FY 2019, the Association had a Net Ordinary Income of minus \$71,659; in FY 2022, the year just ending, the Association had a net positive income of \$112,168. Both the True Endowment and the Quasi Endowment ended FY 2022 with a 12.2% decline over the previous year; the endowments now total \$42,077.67 and \$182,487.00 respectively. Bruce noted that long-term investments are more volatile than other investments.

Communications Committee Report—Bonney Lemkin, who has been Chair of the Communications Committee since 2017, reported on the many accomplishments of the Committee over the past several years. Among these are the introduction of an informative website; a growing presence on social media with currently over 2000 followers; and finalizing a video which will live on the website linking the Center to Island life. These and others reflect

the growing confidence and financial stability of the Camano Center as it emerges from the pandemic. Goals for the future include an effort to increase membership and build excitement around programs and messages. She concluded by saying that everyone needs to know “what the Camano Center is and what it does for our community”.

Board Development Committee Report—Jeff Highland, Chair of the Committee, reported that the Committee managed its regular housekeeping duties, which included collection of Conflict of Interest Statements, updating the Board Roster, and updating the packet of information for prospective Board members. In addition, the Committee organized a Board “learning session” focused on legal requirements for nonprofits. Using a Nonprofit Legal Checklist, a document prepared by *Communities Rise: Partners for Thriving Organizations*, the Board found many areas where the Center is engaged in best practice. Bonnie Eckley identified several items for attention. Finally, using its approved process for identifying, vetting, and nominating new Board members, the Committee recommended two individuals for election to the Board of Directors—Larry Carlstrom and Kelly Kraus.

Donor Development Committee Report—Kathy Sanchez, Chair of the Donor Development Committee, thanked all donors and other community supporters for their continued support of the Camano Center. Donors have supported the Center through memberships, Emerald Circle, the Annual Gala Auction, Giving Tuesday, individual charitable giving, and the annual campaign. The Center is reaching out to the community by developing strategic partnerships; through newsprint, digital and social media; through the Ambassador program; through volunteerism; and through increased and new programming, such as the Aging Mastery Program.

Executive Director’s Report—Bonnie Eckley, Executive Director of CSSA, spoke in some detail about the highlights of the past year. Following the end of restricted operations due to health and safety concerns relating to COVID, the Center has been fully opened--from 9:00am to 4:00pm Monday through Friday for several months. Services to older adults included medical transportation, safety-check phone calls, provision of medical equipment, Meals-on-Wheels deliveries, and case management referrals for seniors. Center-sponsored events included the Crab Dash, the yearly Auction, and the periodic Camano Catering Lunch, among others. The 10-week Aging Mastery Class graduated its first cohort of learners this summer, and a second cohort will begin in September. Art groups, musical groups, yoga, cribbage, bridge, sewing and quilting, book club, and mah jongg are examples of social groups and activities that used the Center in the past year. Paid rentals increased during the year. The Thrift Store was open three days a week and averaged \$2,600 in sales per day. Bonnie ended her report with comments about the future, noting that the new strategic plan provides a renewed focus on service to older adults. The FY 2023 budget is balanced. The Center will seek partners to help with events. The community will celebrate the 40th anniversary of the Camano Center at an open house on August 13.

Questions and Comments--There were no questions or concerns.

Old Business—There was no Old Business.

New Business—On behalf of the Board Development Committee and the Board of Directors, Jeff Highland nominated the following individuals for election to the Board of Directors of the CSSA for three-year terms beginning on July 25, 2022: Kathy

(Continued on page 10)

Camano Senior Services Association

Agenda for Annual Membership Meeting

Camano Center July 24, 2023

Call to Order and Welcome

Approval of Minutes of 2022 Annual Membership Meeting, July 25, 2022

Camano Center Moment

President’s Report—Jeff Highland

Finance Committee Report—Shirley Swanson, Treasurer

Endowment Committee Report—Larry Carlstrom

Development Committee Report—Kathy Sanchez

Executive Director’s Report—Bonnie Eckley

Strategic Plan Update

Questions and Comments

Old Business

New Business—Election of members to the Board of Directors

For the Good of the Order

Adjournment

“The Garden Gala”

Join us for a Night of Enchantment 09/23/23



Join us for a night of enchantment at our 17th annual gala auction, “The Garden Gala”, an evening that combines elegance, entertainment, and philanthropy in sup-

port of the Camano Center. Mark your calendars for this memorable event, where we will gather to celebrate our community and raise funds for our impactful programs and services. This is our largest fundraising event of the year, and we need your support!

Prepare to be captivated by our live auction, featuring an exquisite selection of unique items and experiences generously donated by local businesses and individuals. Our always entertaining auctioneer, Ian Lindsay, will guide us through an exciting bidding frenzy, offering you the opportunity to secure extraordinary treasures while supporting the Camano Cen-

ter. Alongside Ian we are thrilled to have our renowned local artist, Jack Archibald, as emcee – together their charismatic presence and passion for our cause will add an extra layer of excitement and connection to the “Garden Gala”.

Indulge in a sumptuous, seated dinner expertly prepared by Adin Collver and our Camano Center Catering Team. Enjoy a delectable selection of hors d’oeuvres and sip on beverages selected and crafted for “The Garden Gala”, followed by a mouthwatering multi-course dinner, specially curated to delight your taste buds.

(Continued on page 11)

Island Senior Resources

Aging and Disability Resources
for Camano Island

Island Senior Resources Main Number
(360) 321-1600

Donations accepted. 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 MOW changes or for meals to go.

**Community Meals served onsite
Monday and Wednesday!**

Meet the Monday Lunch Crew



Left to Right: Lise Corriveau, Ann Barbas, Ernie Major, Adin Collver, Irene Bergstrom, Lars Wengren
Not Pictured: Thelma Moore & Nancy Martineau

July Entrée

- 3 Mon Hot Dog on a Bun w/Onion
- 5 Wed BBQ Pork Sliders on Bun w/Coleslaw
- 7 Fri Chef's Salad w/Turkey
- 10 Mon Chicken Strips w/Honey Mustard
- 12 Wed Beef Stroganoff w/Mushrooms
- 14 Fri Chicken Pesto Wrap w/Lettuce & Tomato
- 17 Mon Beef & Broccoli Stir Fry
- 19 Wed Oven Fried Chicken
- 21 Fri Thanksgiving Turkey Sandwich
- 24 Mon Cheeseburger w/Lettuce, Tomato, Onion & Cheese
- 26 Wed Baked Mustard Chicken
- 28 Fri Asian Chicken Salad
- 31 Mon Fish Sandwich w/Lettuce & Tomato

Lunch

with the Fire Chief



**Wednesday
August 23rd
11:30 to 1 p.m.
Camano Center**



OLD FRIENDS CLUB



Old Friends Club empowers communities to cultivate joy in the lives of adults with dementia and nourish the wellbeing of family caregivers.

Old Friends Club Update – Welcome New Staff!

We are excited to introduce two new team members, Christina “Tina” Dinzl-Pederson and Cheryl Davis, who were recently hired to coordinate and facilitate the Old Friends Club Program.

Tina, hired as our Old Friends Club Program Coordinator, worked for over 10 years as an Interpretive Specialist at Cama Beach and is currently working as a Resident Program Assistant at Brookdale Senior Living. She will continue working Part Time at Brookdale and Part Time with the Camano Center.

Cheryll, hired as our Old Friends Club Program Assistant, has worked in the field of recreation and in social service agencies for her entire career with her last two places of employment at a



*Tina Dinzl-Pederson
Program Coordinator*



*Cheryll Davis
Program Assistant*

Retirement Community in Seattle and another community in Bellevue.

Our staff and volunteers will be trained mid-June by Dementia Support Northwest (a non-profit organization focused on educating people about dementia-related diseases and supporting caregiving partnerships). Our partnership with Old Friends Club/Dementia Support Northwest provides us with a toolkit and guidelines for implementing the program, a network of other Club facilitators and access to professional training.

We are currently taking initial inquiry applications from family members and meeting with new clients in preparation for our first day on Thursday, July 13th.

Who are these programs for?

The Old Friends Club is a place of

friendship and belonging for those living with dementia, where they share life together through conversation, music, art, games, exercise and a meal. Because Old Friends Club is designed and staffed as a social model, it does not provide medical services, health monitoring, or medication assistance. This means that participants need to be able to self-administer medications, participate in a small-group setting, and be able to self-toilet or wear adult undergarments.

Program Basics

Our program is offered on Thursdays from 9:30 am—2:30 pm. This social respite program is built on the same small-group dynamics that underpin support group systems, and caps our program at 12 participants.

(Continued on page 12)

(Minutes continued from page 6)

Sanchez, Connie Johnson, Larry Carlstrom, and Kelly Kraus. No other nominations were received from the floor. Paper ballots were distributed, collected, and counted by Jeff Highland and Ken Johnson. All were elected unanimously.

For the Good of the Order—Kathy Sanchez thanked all staff and volunteers for making the past year a success. She presented appreciation gifts to retiring Board members Bonney Lemkin (six years of service) and Mark Phibbs (one year of service).

Adjournment—The meeting was adjourned at 6:55pm.

The Board of Directors, including new members, met immediately following adjournment.

*Respectfully submitted:
Jeff Highland, Secretary*



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Welcome New Members!



Lunch Attendees Left to Right: Vicki Shondel, Jerry Shondel, Shelley Overman, Lise Curiveau & Donna Sauer

(Continued from page 7)

You can help in several ways! First, be sure to get your guest list together to purchase your seats at the auction. They will officially be on sale Monday, August 28th, and will sell out quickly. Next, we are seeking items for our Live Auction – see our wish list of live auction items and experiences we are seeking. Sponsorship opportunities are also now available.

Join us at “The Garden Gala” as we create cherished memories, forge new friendships, and make a meaningful difference in the lives of those we serve. Your presence and support are greatly valued and appreciated.

This event could not be possible without the ongoing support of our generous sponsors, donors, volunteers, and guests. Please

contact Cindy Hand, Donor Relations Director, at chand@camanocenter.org or 360-387-0222 for any questions, and be sure to visit www.camanocenter.org/gala for more information.

Cindy Hand

Donor Relations Director

Gala LIVE Auction Donation Wish List

Contact Cindy Hand at chand@camanocenter.org

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
- Landscape Materials & Garden Help

Sports & Equipment

- Sporting Equipment
- Autographed Sports Memorabilia
- Tickets to Sporting Events (Kraken, Seahawks, Mariners, Sounders)

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





(Old Friends Club continued from page 9)

To ensure that scheduled respite is not prevented by an already-full program for the day, program participation (termed “program membership”) is maintained on a monthly-basis, ensuring that your loved one's spot is always saved.

- Program fees are based on an all-inclusive rate of \$425/month.
- Program fees are prorated for partial months for new program members.
- Flat rate program membership fees include funds for program supplies/activity costs as well as a daily lunch and snacks.
- If you carry Long Term Care Insurance, check with the provider to see if day program services are a covered benefit.

Please inquire about scholarship fund if cost is a barrier.

WHAT IS YOUR PROPERTY WORTH?

Complimentary
PROPERTY REVIEW

SCAN WITH YOUR PHONE'S CAMERA:



OR
CONTACT ME DIRECTLY!

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NORTH48 REAL ESTATE | 206.963.6615
KERRI@CAMANOKERRI.COM | CAMANOKERRI.COM



How to Join

Limited space results in the need for an application process that begins with filling out the Initial Inquiry Form, and submitting it along with your contact information to reserve your spot on a program waitlist.

Fill out an initial inquiry form by clicking [here](#) or visiting the Camano Center website <https://camanocenter.org/programs-services/>

Your form may also be sent to us via email (info@camanocenter.org), or mailed (606 Arrowhead Road, Camano Island, WA 98282)

Camano Center's program staff will contact you to continue the application process.

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

*Karen Conway
Programs Director*



IN HONOR OF

Caden MacQuarrie



Donating blood strengthens our community, drop by drop.

Your donation will help local patients like Caden who is 11 years old and lives on Camano Island. Caden was diagnosed with Leukemia last November. Since December 2022 he has completed four rounds of chemo, two radiation treatments, and had a bone marrow transplant on April 13th. His 15 year old brother was a perfect match to be his donor. Caden's favorite activities include Xbox, reading Dogman books, cuddling with his cat, Ella, and going to the beach. He is looking forward to going home when treatment is done, and volunteering in the children's ministry at church. Please consider donating blood in July so local patients like Caden can look forward to life's greatest milestones.

CAMANO ISLAND COMMUNITY BLOOD DRIVE

Camano Center | 606 Arrowhead Road, Camano Island

Friday, July 14

9:00 am to 3:00 pm

Book your one hour appointment today!!

Visit [Schedule.Bloodworksnw.org](https://schedule.bloodworksnw.org) or scan the QR Code.

Photo ID & appointments required.

No one under the age of 16 permitted onsite.

There is no deferral from donating if you receive the COVID vaccine.

See our [COVID-19](#) safety measures.



FOR SAFETY, APPOINTMENTS ONLY

@bloodworksnw

800-398-7888 | schedule.bloodworksnw.org

Bloodworks
Northwest

Programs, Services & Partnerships Helping Older Adults

Stanwood Camano Food Bank

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. Their address is 27030 102nd Ave NW, Stanwood.

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.

If you need immediate assistance with food or basic needs please call 360-629-2789 during the hours of: 7:30am to 4:30pm Monday through Saturday.

Sharing is Caring —Support Group

Are you caring for someone with early-stage 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 mild cognitive or memory impairment. Group meets 3rd Wednesday at 11:00 at the Camano Center. Call the Center for more information 360-387-0222.

Caregivers may come without the person they are caring for. Person with dementia needs to come with a caregiver or partner. The group is geared toward



early dementia clients (for example, the person with dementia needs to be able to self-manage toileting and have ability to engage in verbal conversation).

*Karen Conway
Programs & Development*

Foot Care Clinic



Call the Camano Center to schedule an appointment.

Appointments are available on the 1st, 2nd, 4th & 5th Wednesdays at the Camano Center.

Fees are as follows:

\$35 toenails

\$6 fingernails

Checks accepted, cash preferred when possible.

(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 at 360 387-0222. Ask for the office manager to schedule your appointment.



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 pro-

gram 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 Kendall Faragher, at the Camano Center at 360.387.0222.

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

Otago Program!

The Otago Program was launched at the Camano Center in May to a full class of students.

This evidence-based strength and balance program is shown to reduce falls and fall related injuries among older adults and the current class is already

seeing advancements in strength! If you are wanting to begin an exercise program but have limited mobility, or are hesitant in getting started for any reason, this could be the class for you! Openings may be available as early as July 6th. Call the Camano Center 360-

387-0222 to be added to the Otago Class interest list and you will get a call from the instructor, Traci Smith, to confirm that the class is the right match for you.

Classes will be held twice a week on Tuesday and Thursday at 11:00a.m.

Home Care & Household Services

Local Help & Services for Older Adults

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 the most current list of service providers. The list is also available in person at the Camano Center front desk Monday through Friday 9 am–4pm.



Camano Center Coffee Connections

Members can now connect and enjoy free coffee at the Camano Center Monday through Friday 9 am until 2pm. Stop by and relax in our newly designed seating area. Read a book, work on a puzzle or visit with friends while enjoying a cup of coffee on us and this months coffee sponsor:



Meet Our Staff

Kendall Faragher

This month I'd like to introduce you to Kendall Faragher! Kendall is our Information Systems Manager, which entails a lot, as you can imagine. Phones, computers, internet, online newsletter and website, scheduling, and social media are all part of what makes this place churn, and she is at the heart of it helping us all along!

Kendall started with us back in 2008 working the evenings along with another job. She found out about the place through one of the board members at the time. Since that time, she has had many different shifts, and many different roles! She lives in the Warm Beach area, which is the perfect backroads commute each day. In her spare time, she is very active, participating in yoga, circuit training, and trying new things. Just this past year, she has taken up making pottery, and skydiving!

When asked what she would like



people to know about our organization, she describes the fact that we have so many vibrant people here, exercising, taking classes to better themselves and their future, we have great food and so many resources. We are not the stereotypical senior center that is depicted in the past. She loves the connections that we all make here.

Kendall's family has been very involved in volunteering over the years too. Her granddaughter

Makenna has been volunteering since she was 8 years old and has grown up helping the organization. Her husband Ken was Santa many times while Kendall was the Bear standing out on the road to wave to school buses prior to our Christmas event. We are so lucky to have the Faragher's as part of our Center family!

Bonnie Eckley,
Executive Director



community rewards
Where shopping & giving unite

A digital account is needed to participate in Fred Meyer Community Rewards.

If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward Camano Senior Services Association.

Click [here](#) for more information.

JanMather@windermere.com

JanMather.com

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Jan Mather

(360) 507-4133



Managing Broker,
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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 & 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 for each group.

[Click here](#) and be directed to our calendar. Schedule is subject to change.

Get Connected

General Activities



Mah Jongg

Every Mon

9:00-12:00pm.

Contact: Melinda Brown (360)387-2940. Playing for money is not required.

Pinochle

Every Mon

1:00-4:00pm

Contact: Mary Rauch

360 387-1142

mjrauch@wavecable.com

Hand & Foot Canasta

Every Wed

1:00-4:00pm

Contact: Marsha Kessler
425-350-8779.

Duplicate Bridge

Every Thu

12:30-3:30pm

Contact: Myrna Corcoran
(360) 770-4197

Cribbage

Every Tue

1:00-4:00pm

Group Contact is Hilda Story (425) 220-4562. Cribbage is free to Camano Center Members. Non members pay \$5 for each activity.

Needle Works

Every Thu

9:00-11:00am

Contact: Mary Beckham
(360) 387-6958

Camano Center Library

All Weekdays

9:00-4:00pm

Camano Center features an honor system lending library. Find a book you like and take it home. Bring it back when you are finished.

Coffee Connection

All Weekdays

9:00-2:00pm

Coffee is free to Camano Center members!

Camano Center Book Club

1st Wed

2:30-3:30pm

The Camano Center Book Club

meets the first Wednesday of the month. Group Leader: Contact: Janet Penny 360-403-5502 for more information.

Tech Tips

Every Tue

10:00-12:00pm

Call the Camano Center (360) 387-0222 or stop at the front desk to schedule an appointment for one-on-one assistance with Wanda Hill.

Friendship Tea

1st, 2nd & 3rd Tue 10:30-12:00pm.

Contact: Connie Johnson
(360) 502-3361 or
cebnsj@gmail.com

Get Creative

Art & Sewing

Watercolors

Every Fri

11:00-2:00pm

Contact: Sheila Tonne
(360) 926-8995

Paint Group

Every Tue

8:30-12:30pm

Contact group leader, Joyce Dunn (425) 446-2777 for more information.

Mending Hearts Quilting Group

1st & 3rd and last Mon for July

9:00-12:00pm

Contact: Joan Huehnerhoff
(425) 754-6620



Pickleball Demo Tuesday, August 1 12:30 p.m.—1:30 p.m.

The Camano Stanwood Pickleball Association will be conducting a demonstration of the fasted growing sport in the US!

Where? At the Camano Center! This sport is recommended for all ages, but especially for older adults. Come take a look and see about playing!

Hero Quilters

3rd Wed

10:30-3:00pm

Contact: Sharon Szekely
sharonsseams2be@yahoo.com

Get Active Exercise & Fitness

LIFT

Every Tue/Thu

7:00-7:55am

LIFT (Weight Conditioning)

Instructor: Carol Pope
(425) 344-9505

Pilates/Yoga Fusion

Every Tue/Thu

8:00-8:55am

Pilates/Yoga Fusion

Instructor: Carol Pope
(425) 344-9505

Social Dance Simplified

Every Fri

4:00-5:00pm

Cost of each dance class is \$15 and \$10 for Camano Center members. For information or to register for the class contact Kari
karidz.ski@gmail.com

(9 A.M.) Stay Active And Independent For Life (SAIL)

Class is full

Every Mon/Wed/Fri
9:00-10:00am

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

Class is full

Every Mon/Wed/Fri
10:00-11:00am

(2 P.M.) Stay Active and Independent For Life

Call for availability
Every Mon/Wed
2:00-3:00pm.

(10 A.M.) Stay Active & Independent for Life

Class is Full

Every Tue/Thu
10:00-11:00am

Get Vocal Music Makers

Using Your iPad as Your Song Book

Every Mon

12:00-12:45pm

Contact: Lee Clemetson
(425) 308-4037



Camano Ukulele Ensemble

Every Mon

1/02/23-12/31/23

1:00-3:00pm

Contact: Val Schroeder:
360) 387-2236

Country Western Music Group

Every Fri

1:00-3:45pm. Come to the Camano Center. Once you start you can be on an email contact list.

Acoustic Music Group

Every Tue

2:00-4:00pm

Contact: Robin Widoff
(707) 312-1112

2ND CHANCE THRIFT SHOP

Practical | Vintage | Antique

OPEN Wednesday - Saturday 10 a.m. - 4 p.m.

We sell second-hand
CLOTHES, SHOES AND ACCESSORIES

For men, women & children
All items are in very good condition!

*Make some
great finds today!*



1335 STATE ROUTE 532 | CAMANO ISLAND | WA | 98292

Be our STAR this JULY



We need **your HELP** replacing our failed **commercial kitchen equipment**. The kitchen supports our weekly Meals on Wheels and Community Lunches, as well as our in-house catering, Old Friends Club, events and rentals. **All donations make a difference!**

- ★ ALL donations to our STAR Campaign receive an entry to WIN a beautiful handmade STAR made just for YOU! *Drawing deadline is 7/31/23*
- ★ ALL donations OF \$500 OR MORE receive your choice of a handmade STAR or CLOCK!

(Thank you to our generous friend of Camano Center for making and donating these beautiful gifts)

www.camanocenter.org/donate



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!

Thank You 2023 Camano Crab Dash Sponsors



Your Support Matters

A match made in health care

// We're better together

The Everett Clinic THE POLYCLINIC

Part of Optum®

RETIRE IN THE HEART OF SNOHOMISH COUNTY



JOSEPHINE IS GROWING

New & exciting opportunities are on the horizon for those 62 and better



Josephine Stanwood

New Independent Living
Stanwood, WA

Cascade Village at Smokey Point

New Satellite Community
Marysville, WA

Expected occupancy: Late 2024

For more information or to reserve your future home,
visit JCCEXPANSION.COM or contact Kris at
360-654-4100 or KRISA@JOSEPHINECC.COM



Camano Center Donors

Donations received
May 11 - June 10

Appreciation

- Anonymous--Thrift Shop Customers
- Jo Anne Burklund--Medical Rides
- Culinary Arts Society--Camano Center Programs & Services
- Linda and John, Jr. Hadley--Thrift Shop & Aging Mastery Scholarship
- Mary Margaret Haugen--Sing--A--Long
- Robert and Diane Hill--Medical Rides
- Patricia and Tony Vivolo--Medical Rides

General

- Pat Clark and Carol Hoeksema
- Vincent and Amber Ferrese
- Marilyn and Walter Grosjean
- Linda and John, Jr. Hadley
- Gerald and Susan Hunt
- Gerald and Susan Hunt
- Connie and Nick Johnson
- Anonymous
- Mark and Kelly Kraus
- Jeff and Bonney Lemkin
- Paul and Sandra Schumacher
- Betsy Shields
- Duane Simshauser
- Phil and Candy Trautman
- AmazonSmile Charity

BUSINESS MEMBERS

Please Support these Businesses who Support the Camano Center



Your Support Matters! With your help as a Business Member we can do more in offering a variety of community-enhancing programs, such as educational, recreational and wellness activities to support and enrich the lives of older adults in our community. Join Us and Sign Up Today!

[Business Member Form.](#)

For more information contact Cindy Hand
chand@camanocenter.org or call (360) 387-0222

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

[CASA – Camano Animal Shelter Association](#)

[CAA – Camano Arts Association](#)

[Camano Chapel](#)

[Camano Fit](#)

[Camano Island Dental Center](#)

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What's Age Got to Do With It?

Aging with Attitude...and Tech

"Science and technology revolutionize our lives, but memory, tradition and myth frame our response." - Arthur Schlesinger (Historian)

A friend mentioned to me the other day that she had come across an offer via AARP for low-cost internet access for seniors. We agreed that more information on accessing technology might be a good thing to share with those of us whose brains are already full of things we have learned along the way of our well and lengthily lived lives.



<https://www.youtube.com/watch?v=04854XqcfCY>

I was amazed by the number of business startup and development websites that emphasize the need to gear technology that gives "the elderly" access to services they need specifically toward them. Why? The truth is, we matter, because there are a lot of us, and the numbers are growing. Currently, there are 46 million people 65 and older in this country, making us 15% of the total population. By 2060 the population in this age

group are predicted to reach 98 million (24%). *"As a result, seniors will need better healthcare, shelter facilities, transportation, and social activities. Tech companies must consider these needs to create the best technology for seniors. They should focus on elderly-friendly designs. Older people need functional but straightforward technology and those that have benefits they would appreciate."*

<https://www.boldbusiness.com/health/technology-for-elderly-next-tech-market/>



Smart phones, smart TVs, tablets — you name it: Americans age 50-plus are embracing technology. A new AARP survey finds older adults are not only increasing their spending on technology, they would buy even more of it if devices were geared to their needs.

"I have not failed. I've just found 10,000 ways that won't work." – Thomas Edison

The good news is that there are already ways to get help accessing the technology we need and want to use:

CAMANO CENTER'S
2ND CHANCE THRIFT

2ND CHANCE THRIFT SHOP

Open
Wednesday-Saturday
10-4

Donations Accepted Thursday-Saturday
360.629.6142

2NDCHANCETHRIFTSHOP.ORG



Camano Animal Shelter Association

CASA's 15th **DOG WASH**

**Saturday
August 12th
11 AM - 4 PM**

**Nail
Clipping
Dremel
\$15**

**Dog Baths
\$10 - \$12 - \$15
(depending
on size)**

**Nail
Clipping
\$10**



**Taking place at the Shelter
Corner of East Camano Dr
& Can Ku Road**

AgeTech is the growing category of technology solutions designed to meet the needs of the world's aging population and the more than \$45 trillion economy it represents. It includes products, services and experiences across that empower people to choose how they live as they age.

OATS from AARP Senior Planet is the flagship program of the national 501(c)(3) nonprofit organization Older Adults Technology Services (OATS) from AARP. Their mission is to help older adults learn and use technology so they can live better in the digital age.

Senior Planet from ARP harnesses the power of technology to change the way we age. They offer classes, articles, videos, and activities help seniors learn new skills, save money, exercise, make new friends, and so much more. Their programs are designed around five impact areas: financial security, social engagement, creative expression, health and wellness, and civic participation. All five areas represent opportunities in the lives of older adults where technology can have a transformative effect. Wherever you are in the world, you can subscribe to their newsletters and join free classes online.



All proceeds benefit the programs and animals at the Camano Animal Shelter
Call 360.387.1902 for information - 501 (c)(3) organization



<https://www.aarp.org/research/topics/technology/info-2023/2023-technology-trends-older-adults.html>

https://agetechcollaborative.org/about/?utm_medium=paid-search&utm_source=google&utm_campaign=agetech-enterprise-search&utm_term=agetech&gclid=CjwKCAjwhJukBhBPEiwAnilc-NYck7uIkpSQtxYy4fwZRzp3Tf0PI9cYECIUUjMSgl1dx4LZPCacyRoC48MQAvD_BwE

<https://seniorplanet.org/about/our-purpose/#:~:text=Senior%20Planet%20centers%20are%20vibrant,develop%20life%2Denhancing%20computer%20skills.>

Affordable Connectivity Program (ACP)

Having home internet can help you save money, look for a job, connect with others, make everyday tasks easier, and much more! This lecture goes over basic information

you need to know when signing up for home internet service. You'll also learn about **ACP**, a government program that helps qualifying low-income households pay for internet service and connected devices. In some cases, depending on your internet plan, the ACP discount may help you get home internet for free!



"It's not that we use technology, we live technology." – Godfrey Reggio

*Connie Johnson
Board Member*



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 Mission

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

Our Vision

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

Contact Us

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