



Nov. 28, 2023

#GIVINGTUESDAY • SCGIVE.ORG

Keep Meals Going!
Support our SCGIVE project on
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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

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Camano Center & Thrift Shop Staff

Bonnie Eckley | Executive Director

Karen Conway | Programs Director

Kendall Faragher | Information Systems Manager

Cindy Hand | Donor Relations Director

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Karen Bueschke | Bookkeeper

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Linda White | Hospitality Coordinator

Tina Dinzl-Pederson | OFC Program Coordinator

Cheryll Davis | OFC Program Assistant

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

Garrett Allison | 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.

Bake Sale and Holiday Cafe



We are looking for volunteer bakers for our annual Holiday Bake Sale, which will take place on November 18 during the Holiday Craft and Gift Bazaar. *(See the list of requested tasty treats below.)* In addition to raising funds for the Camano Center, the bake sale has become a favorite part of this event. Sign up sheet is out now at the Camano Center, or you can call (360) 387-0222 to sign up.

All the vendors are signed up and working to get their beautiful handmade items prepared for the

Holiday Craft & Gift Bazaar. Back this year by popular demand is the Holiday Café and the Holiday Bake Sale!

This well-established event features over 50 vendors with one-of-a-kind gifts including pottery, soaps, lotions, holiday décor, jewelry, knit items, wooden bowls, textile totes and bags, wellness products, silk scarves, specialty food items, and fused glass. You don't want to miss it!

Bake Sale

Saturday, November 18
During the Holiday Craft & Gift Bazaar
Sign up at the Front Desk

Please bring items
Friday, November 17 by 4:00 PM

No perishables or items needing refrigeration please. Package items in small amounts.

Goods Suggestions:

- Cookies - packaged 6 or 12
- Berry Pies
- Sugarless items & snack mixes like Chex Mix
- Small loaves of quick breads
- Dinner rolls
- Yeast breads— preferably whole wheat or whole grain
- Pumpkin items (seasonal flavored items)
- Label items with special ingredients - especially nuts
- Single individually wrapped items ie. donuts, cinnamon rolls that can be purchased early in the day with coffee. (The vendors loved this!)
- Snicker doodle cookies and donuts
- Gluten free baked goods
- Carmel Corn or other flavored popcorn



Camano Center & Camano Sue's Art
present the
Holiday Craft & Gift Bazaar
OVER 50 VENDORS!
BAKE SALE
CANDLES, SOAPS,
HOMEMADE CRAFTS,
JEWELRY,
AROMATHERAPY,
CLOTHING & MORE!
Lunch at the Holiday Cafe
Saturday Nov. 18 9-4
@The Camano Center
CAMANO CENTER | 606 ARROWHEAD ROAD | CAMANO ISLAND
CAMANOCENTER.ORG | 360.387.0222



Replace our old convection ovens to ensure that our commercial kitchen continues to provide nutritious hot meals for home delivery, the community lunch program and our dementia support group, Old Friends Club.

There will be an opportunity for you to donate to the SCGIVE on Tuesday, November 28th. The Stanwood Camano Area Foundation is facilitating the SCGIVE, Stanwood and Camano Island's Giving Tuesday event. The SCGIVE gives a platform for area nonprofits to raise funds for necessary project.

Visit the [SCGIVE website](https://www.scgive.org) so that you are familiar with it when the projects go live.

This is an online giving event! Don't miss out - make sure you check your email regularly for updates on how you can make your donation count and earn us prize money from local sponsors!

Keep Meals Going On Camano Island



Volunteer Lynn Monroe loads up her car to deliver nutritious hot and frozen meals prepared in the Camano Center Commercial Kitchen.



COME PLAY *Duplicate Bridge*

Free to Camano Center Members

**Join Us Thursdays
12:30 PM - 3:30 PM**

**CONTACT
MYRNA CORCORAN
(360) 770-4197**

Camano Senior Services Association

Here's to Our Continued Success!

I would like to take a moment to extend my gratitude to some very special individuals who have played a pivotal role in the growth and success of our organization. I am talking about our former board members, who recently honored us with their presence at a special gathering.

The event was not only a celebration of our organization's journey and achievements but also a testament to the enduring bonds and shared commitment to our mission. It was a pleasure to see so many familiar faces and to meet those who have dedicated their time and expertise to guide our organization.

During the event, I had the opportunity to fill in some of the history gaps of Camano Senior Services Association from as far back as 1982.

Our former board members have been essential in shaping the direction of the mission, and their legacy lives on in the positive impact we continue to make.

I'd like to thank the efforts and dedication of our current board members, who have been instrumental in navigating the past



Former and current board members Back Row: Marilyn Grosjean, Connie Johnson, Chuck Schufreider, Rick Bentley, Bonney Lemkin, Michal Scott Front Row: Joan Wilson, Joan Cresap, Linda Hadley, Paul Savoie, Vickie Eaker, Larry Carlstrom

couple of years with us, in re-opening and starting new programs and services.

I look forward to the continued support and partnership of our alumni board members and hope to create more opportunities for such enriching reunions in the future.

Watch our newsletter and website for more information! Thank you for being part of our community!

*Bonnie Eckley
Executive Director*

Hearing & Brain Screening Event

Hosted by Stanwood Hearing

STANWOOD HEARING

Annual hearing screenings will catch hearing loss early, preventing any decline in your cognitive abilities.

Come use our new cognivue screener. For more information, please call Stanwood Hearing (360) 572-4422.

Date: Wednesday, November 29th

Time: 10:30 am—1:30pm

Where: The Camano Center

2023 Garden Gala Update



being for older adults in our community.

We also extend our heartfelt thanks to Jack Archibald for volunteering as emcee, and to our fantastic auctioneer, Ian Lindsay, together bringing an extra layer of charm and enthusiasm to our event. And to the Stanwood High School Honor Society crew for their dedicated service in helping to serve the beautiful dinner prepared by Adin Collver and the Camano Catering team.



Thank you for supporting our 17th Annual Gala Auction, **The Garden Gala**! We are excited to share that this year's event raised a record-breaking amount. With the help of our generous sponsors, donors, volunteers, and guests, we raised almost \$185,000 after expenses.

The proceeds from this event directly support the Camano Center's mission to create and provide opportunities that support healthy aging, independence, and well-

We are pleased to share the video showcasing our Camano Center and community created by **A Huge Production**. If you haven't seen it yet, please take a moment to watch it [here](#).

With your generous donations and involvement, we continue to cultivate a thriving garden of community care and generosity.

Cindy Hand Donor Relations Director

Gala Auction Fund-A-Mission: Thank You Donors

Jerry and Becky Albers
Doug and Barb Anderson
Erin and Matt Anderson
Vicki Baungard
Normie Baungard
Sarah and Rob Berrett
Joan Blazina
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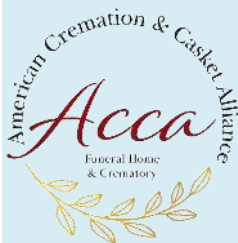
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2023 Gala Auction Sponsors

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One Heart. Many Hands.

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 10:30 at the Camano Center and often stay for lunch together after the support group. 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.

Karen Conway
Programs & Development

Foot Care Clinic



Call the Camano Center to schedule your 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



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:



Save the date for these upcoming presentations:



Monday, November 13 10:30-11:30 a.m.

Aging in Place: Learn tips for healthy aging and strategies for living independently in your home and community for as long as possible.



Friday, December 8 1:00-2:00 p.m.

Hospice 101: This introduction to hospice services goes through the common myths about hospice, what these services really are, how they get paid and how someone can qualify.

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



SHIBA

Medicare Open Enrollment now through December 7th

This is the time each year when Medicare beneficiaries are allowed to make changes in their Medicare Part D Prescription Drug plan or Part C Medicare Advantage plan. If you don't have either, this is the time you can add one. It is strongly advised that anyone on Medicare who takes prescription medications review their drug coverage each year during this period to ensure that you are getting the best coverage for your medications at the lowest cost. The plans change every year. You can't assume that the plan that worked well for you this year will still be your best option for 2024.

Volunteer advisors from the Statewide Health Insurance Benefit Advisors (SHIBA) Program are available to help you with your choices, using the Medicare Plan Finder tool to analyze your drug coverage under all available Part C or D plans. They can help you enroll in a new plan during your appointment. **SHIBA appointments will be available In-Person at the Camano Center on November 8th.** SHIBA will also offer Zoom video or telephone appointments throughout the Open Enrollment Period, and in-person events in other locations.

All SHIBA Open Enrollment appointments can be scheduled starting October 1st by:

- Using our online appointment request form at www.edmondswaterfrontcenter.org/ewc-programs/shiba/

shiba.OE@edmondswaterfrontcenter.org



Medicare Open Enrollment occurs Oct. 15 - Dec. 7

Help with Medicare is available in-person, by Zoom or phone

SHIBA can help you review Medicare Advantage plans and Part D plans, and compare your options for 2024 coverage.

Starting Oct. 2, you can schedule your free, unbiased consultation.

To request an appointment, here are your options:

1. Call our message line: 425-290-1276 (Snohomish) or 360-826-8828 (Skagit)
2. Email: shiba.OE@edmondswaterfrontcenter.org
3. Go to www.edmondswaterfrontcenter.org/ewc-programs/shiba
4. Use our QR code for an online appointment request form



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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.

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 Kendall Faragher, 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.

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.



OLD FRIENDS CLUB



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 continues to meet weekly at the Camano Center on Thursdays from 9:30a.m.-2:30p.m. offering adults with dementia an enlivened group that includes socialization, music, art and movement. We are so grateful for the volunteers that continue to support this program, including musicians and artists that share their talents with us. We had the pleasure of welcoming guest acoustic guitarist Robin Widoff in October. He will be joining us monthly as a new live music performer at Old Friends Club!

How to Join Old Friends Club

If you would like to find out more about Old Friends Club or see if it is the right match for you and your family member, please call the Camano Center at (360) 387-0222 to schedule a time to stop by for a visit or check our website for more information.



Robin performs for our group



Carol leads a sing-a-long on the piano



Bonnie and John enjoying the music

<https://camanocenter.org/programs-services/>

Help Us Support Our Community

Our staff would be happy to come and share information about the Old Friends Club Program with your community group, service group, church, etc. Please reach out to Karen Conway kconway@camanocenter.org to arrange a time and date.

Additional resources for

Caregivers:

Sharing is Caring – Monthly in person caregiver support group held at the Camano Center and facilitated by volunteer, Patti Pontikis and supported by volunteer Cheryl Davis. This support group meets the 3rd Wednesday of the month at 10:30a.m. and offers support to those who have concerns and challenges related to caregiving for someone with mild cognitive or memory impairment. Participants

are welcome to stay and have lunch together afterwards.

Island Senior Resources

<https://senior-resources.org/information-and-assistance/>

Aging & Disability Resources (ADR) (360) 321-1600

Free resource assistance to help clients identify, understand, and access the services they need to live their best life.

On-line Support Groups facilitated by Mel Watson, Island Senior Resources

Parkinson's Support Group

Tuesdays, 10:00 a.m. – 11:30 a.m. Facilitated by Mel Watson. This online Zoom group is for people living with Parkinson's and their family caregivers to share experiences, knowledge, and support. Friendships are formed and connections are made to help those who are living with this challenging condition. Contact

Donations

September 11-October 10

Anonymous Donor
Mark and Kelly Kraus
Murl and Karen Leibrecht
Lynn Setterberg

Betsy Shields
Duane Simshauser
Phil and Candy Trautman
Stephanie Weed

APPRECIATION

Anonymous-Thrift Shop Customers
Anonymous Donors-Friendship Tea
Jean & Larry Bach-M.O.W.
Jo Anne Burklund-Medical Rides
Renee Ellsworth-Camano Fit
St. Aidan's Episcopal Church-OFC
Karen Lindsay-SAIL Class
Joel Ludwig-M.O.W.
Linda White-Aging Mastery Class

GENERAL

Glen and Martha Brechlin
Vickie and Alan Eaker
Vincent and Amber Ferrese
Marilyn and Walter Grosjean
Linda and John, Jr. Hadley
Connie and Nick Johnson



**FOOD SERVED
3-6 BAR &
OUTSIDE OPEN
UNTIL 7**

26TH ANNUAL CHILI CHOWDER COOK-OFF
Presented by the Camano Island Chamber of Commerce and our Title Sponsor

NOVEMBER 11, 2023 | 3-6PM
Camano Center 606 Arrowhead Rd. Camano Island

TICKETS \$15 ONLINE (EVENTBRITE) \$20 AT THE DOOR - 10 TASTINGS PER TICKET
BEER | WINE | CIDER | LIVE MUSIC | RAFFLE | ART AUCTION



mel@islandseniorservices.org to receive Zoom information to join the group.

Alzheimer's @ Dementia Caregivers Support Group

Wednesdays 10:00 a.m. – 11:30 a.m. Facilitated by Mel Watson. This [online Zoom group](#) is also available concurrently in-person at ISR BayView and ISR Oak Harbor is for people who are caring for someone who has a diagnosis of Alzheimer's, other dementias, or related conditions. This is an opportunity to share experiences, knowledge, and find additional support. Contact mel@islandseniorservices.org to receive Zoom information to join the group.

Dementia Support Northwest

Dementia Support Northwest has served northwestern Washington since 1983. Previously known as Alzheimer Society of Washington, their mission is to educate people about dementia-related diseases and support caregiving partnerships.

<https://www.dementiasupportnw.org/>

Tel: (360)671-3316

Office: 114 w Magnolia Street #443

Bellingham, WA 98225

Weekly Online Caregiver Support Group

Virtual, Zoom, Call (360) 671-3316 to get link for support group. Thursday, 11:00 am

Roundtable for Individuals Living with Dementia

Virtual, Zoom, Call (360) 671-3316 to get link for support group. Wednesday, 11:00 am
Weekly Roundtable is a weekly online Zoom discussion group of people with dementia.

Virtual Caregiving Support Group for Adult Children Caring for a Parent(s) with Dementia

Virtual, Zoom, Call (360) 671-3316 to get link for support group. 2nd Tuesday, 6:00 pm

Northwest Regional Council (NWRC)

Support for older adults, adults with disabilities, and caregivers in Island, San Juan, Skagit, and Whatcom Counties.

NWRC Dementia Support Program, Help for people with dementia and their caregivers
(360) 676-6749 – local

<https://www.nwrcwa.org/dementia-support-program>

If you can be a lunch day volunteer contact:

Debbie Metz

Nutrition Program Director

Phone: (360) 321-1600 ext 14

Email: debbiem@islandseniorservices.org

Lars Wengren

Camano Lead Cook & Food Service Manager

Mornings: Monday, Wednesday, Friday

Phone: (360) 387-0222

email: camanokitchen@islandseniorservices.org



Left to Right: Lise Corriveau, Ann Barbas, Ernie Major, Adin Collver, Irene Bergstrom, Lars Wengren

Aging and Disability Resources for Camano Island

Island Senior Resources

(360) 321-1600

angel@islandseniorservices.org

Angel Merritt

**Aging &
Disabilities
Resource
Specialist**

**Mondays at the
Camano Center**



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.

November Entrée

1	Wed	Chicken Divan w/Mushrooms
3	Fri	Chicken Noodle Soup
6	Mon	Spaghetti w/Ground Beef
8	Wed	Cheeseburger Casserole
10	Fri	VETERAN'S DAY –NO MEAL SERVICE
13	Mon	Chicken Tenders w/Dressing
15	Wed	Sliced Turkey w/Stuffing
17	Fri	Navy Bean Soup
20	Mon	Beef & Broccoli Stir Fry
22	Wed	Meatloaf w/Tomato Topping
24	Fri	THANKSGIVING HOLIDAY-NO MEAL SERVICE
27	Mon	Chicken Cordon Bleu
29	Wed	Kielbasa Sausage w/Sauerkraut on a Bun



AGING IN PLACE

Live independently for as long as possible



Join us learn tips for healthy aging and strategies for living independently in your home and community for as long as possible. All resources and materials will be provided free of charge.

Monday, November 13, 2023

10:30-11:30 a.m.

Hosted by the Camano Center



Brought to you by Hospice of the Northwest, in partnership with Heartsong Homecare Co-op and Signature Healthcare at Home. Visit [HospiceNW.org/events](https://www.HospiceNW.org/events) or call 360-814-5550 to learn more.

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

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 more information on each activity.

Get Creative

Art & Sewing



[Intro to Crochet w/Beth Erickson](#)

Thurs. Nov. 9th 5:30-7:30p.m.
Details at scaacwa.org/classes.
Discount for Camano Center Members.

[Needle Works](#)

Every Thu
9:00-11:00am
Contact: Mary Beckham
(360) 387-6958

[Mending Hearts Quilting Group](#)

1st & 3rd Mon
8:00-12:00pm
Contact: Call or text Joan Huehnerhoff (425) 754-6620

[Paint Group 1](#)

Every Tue
8:30-12:30pm

[Paint Group 2](#)

Every Fri
2:30-3:30pm
An all medium paint community. Contact: Kitty Tanji for more information. (425) 985-1319, 360 572-4123 or email: dragoes@me.com.

[Hero Quilters](#)

3rd Wed
10:30-3:00pm
Contact: Sharon Szekely
sharonsseams2be@yahoo.com

Get Vocal

Music Makers

[Beginning Ukulele](#)

Every Mon
12:00-1:00pm
Contact Ellen Suffern if you are interested.
ellensuffern@wavecable.com

[Camano Ukulele Ensemble](#)

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

[Acoustic Music Group](#)

Every Tue
1:00-3:00pm
Contact Group Leader,
Robin Widoff (707) 312-1112

[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.

Get Curious

Special Interest

[Camano Center Library](#)

All Weekdays
9:00-4:00pm
Camano Center features an honor system lending library.

[Coffee Connection](#)

All Weekdays
9:00-2:00pm
Visit our library to sit, chat with a friend, read a book, work on a puzzle, or do some work with our free Wi-Fi. Coffee is free to Camano Center members.

[Camano Center Book Club](#)

1st Wed
2:30-3:30pm
Reading list is from the Sno-Isle library.
Contact: Janet Penny
(360) 403-5502



Tech Tips

Every Tue

10:00-12:00pm

Call or visit the Camano Center
(360) 387-0222 for an
appointment with Wanda Hill. No
Mac or cell phones.

Friendship Tea

1st & 2nd & 3rd Tue

10:30-12:00pm

Contact: Connie Johnson to
participate. (360) 652-7211

Hand & Foot Canasta

Every Wed

12:30-3:30pm

Contact: Marsha Kessler
(425) 350-8779

Get Connected

Cards & Games

**Duplicate Bridge**

Every Thu

12:30-3:30pm

Contact: Myrna Corcoran
(360) 770-4197

Mah Jongg

Every Mon

9:00-12:00pm

Contact: Melinda Brown
(360) 387-2940

Pinochle

Every Mon

1:00-4:00pm

Mary Rauch
(360) 387-1142

**Cribbage**

Every Tue

1:00-4:00pm

Contact is Hilda Story
(425) 220-4562

Get Active

Exercise & Fitness

Stay Active And Independent For
Life is a fall prevention fitness class
offered at the Camano Center.
Contact the Camano Center for
additional information and to be
put on a waitlist.

**(8 A.M.) Stay Active And
Independent For Life**

Every Mon/Wed/Fri

8:00-9:00am

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

Every Mon/Wed/Fri

9:00-10:00am

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

Every Mon/Wed/Fri

10:00-11:00am

**(9:15 A.M.) Stay Active and
Independent for Life (SAIL)**

Every Tue/Thu

9:15-10:15am

**(10:15 A.M.) Stay Active and
Independent for Life (SAIL)**

Every Tue/Thu

10:15-11:15am

**(11:15 A.M.) Level 1 Stay Active
and Independent for Life (SAIL)**

Every Tue/Thu

11:15-12:15pm

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

Instructor: Carol Pope

(425) 344-9505

What's Age Got to Do With It?

For All We Know



It's so easy to get caught up in what we think must be done today, reassuring ourselves that we will make time to call that friend, write that email or note, send that text, or actually drop in just as soon as we get a chance. After this, maybe next week, pretty soon.... Trouble is, time has a way of passing without our fully realizing it, and then, one day, it's too late.

Every once in a while, a friend from another time and place reaches out with photos of shared childhood moments found while going through a parent's things. Someone you hadn't thought of in ages surprises you with a call, and you enjoy a mutual delight in catching up on each other's lives, promising to do it again real soon. A note or an email turns up in your

mailbox, reminding you of days gone by when you were in each other's kitchen for a cup of coffee and a visit on a regular basis. Welcome memories, that remind you of what it was like to share parts of your life with them, that give you cause to rejoice in a reconnect that you fully intend to keep going. But you don't...

With that in mind, here's an anonymous poem recently shared with me by such a friend. Worth considering – because the moment truly is now. May the music set a mood that makes the message even more meaningful to you.

"Barely the day started and... it's already six in the evening.

Barely arrived on Monday and it's already Friday.

... and the month is already over.

... and the year is almost over.

... and already 40, 50 or 60 [70, 80] years of our lives have passed.

... and we realize that we lost our parents, friends.

and we realize it's too late to go back...

<https://www.youtube.com/watch?v=bdmfIYOU1SE>

So... Let's try, despite everything, to enjoy the remaining time...

Let's keep looking for activities that we like...

Let's put some color in our grey...

Let's smile at the little things in life that put balm in our hearts.

And despite everything, we must continue to enjoy with serenity this time we have left.

<https://www.youtube.com/watch?v=G5NtzB-voZo>

Let's try to eliminate the "afters"...

I'm doing it after...

I'll say after...

I'll think about it after...

We leave everything for later like "after" is ours.

Because what we don't understand

(Continued on page 19)

(Continued from page 18)

is that:

Afterwards, the coffee gets cold...

afterwards, priorities change...

Afterwards, the charm is broken...

afterwards, health passes...

Afterwards, the kids grow up...

Afterwards parents get old...

Afterwards, promises are forgotten...

afterwards, the day becomes the night...

afterwards life ends...

And then it's often too late....”

https://www.youtube.com/watch?v=yclyB_fw8Oo

“So... Let's leave nothing for later...

Because still waiting to see you later, we can lose the best moments,

the best experiences,

best friends,

the best family...

The day is today... The moment is now...”

<https://www.youtube.com/watch?v=kGmlQ-3lml>

Connie Johnson
Board Member



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

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Winter Festival

Experience Winter at the Ranch



Arrowhead Ranch's Winter Festival will be on December 2nd from 11:00 AM - 4:00 PM and December 3rd from 11:00 AM - 4:00 PM. Admission is free!

On the Saturday Dec 2nd, there will be an all day Holiday Maker's Market and partnering with the Camano Center, Afternoon With Santa and his Reindeer from 12:00 PM - 3:00 PM, kids crafts, face painting, balloon animals, life size snow globe,



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cookies, hot cocoa & more!

On Sunday Dec 3rd, there will be an all day Maker's Market, and all day wreath making workshop for \$75/ per wreath & more!

Click [here](#) for more information about this cheerful holiday event.



CAMANO CENTERS' 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 Monthly Spooof

Satire by Paul Jantzen



Recent class :Artificial Intelligence for Seniors.

This class walked us down the path of the future with Artificial Intelligence. It turns out that Artificial Intelligence will be a wonderful benefit for us seniors.

We will only have to be sure that we have our phones with us and that we keep them charged. The phone will listen to everything going on around us and then do all our thinking for us. All we need is a pair of hearing aids (which we all have anyway). Our phones

will instruct us, in real time, on the actions we need to take, the words that we need to say, and in general, guide us through life safely.

Add the Artificial Intelligence provided by our appliances, lights, TV's, radio's, and automobiles, and we will be connected, guided and cared for at all times. When connected with our cars through Artificial Intelligence, our travels will be handled for us as well.

Not having to think at all will be a great boon to us all and should keep us safe and out of trouble!!! I, for one, have just about had it with thinking anyway – it's highly overrated.

Paul Jantzen

Camano Center Member

ACOUSTIC MUSIC GROUP

Join our community
of music lovers

Free to
Camano Center
Members

Group Meets
Tuesdays
1PM - 3PM

Contact
Robin Widoff
(707) 312-1112



COME PLAY HAND & FOOT CANASTA

Join Us On
Wednesdays
12:30 - 3:30

Free to
Camano Center
Members

CONTACT:
MARSHA KESSLER (425) 350-8779

Welcome New Members!



New member lunch attendees left to right: Pat Ansley, Renee Winterhalter, Mary Anne Anderson, Berta Walden, Jim Wison-Storey

If you are a new Camano Center Member joining for the first time, we would like to invite you to join us for our new member lunch.

New member lunches are typically scheduled for the 2nd Wednesday of each month.

Contact Angie Bayley for more information.

abayley@camanocenter.org

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!

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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