

THIS EVENT IS AGES +21 ONLY

Barbie's Dream Bar opens at 5:30

With Sylwia O'Stayformore

Camano Center Presents
Not Your Ordinary
Barbie BINGO
Fundraiser

Rescheduled!

Raffles

CASH PRIZES

All proceeds support the Camano Center!

Saturday, February 17, 2024 at 6pm

Purchase your tickets online at camanocenter.org

\$25 Admission Ticket (includes dinner & entertainment)
\$20 at the door - Cash/Check for 10 BINGO Cards

606 Arrowhead * Camano Island * 360-387-0222 * camanocenter.org

Barbie Bingo Rescheduled
[Click Here](#)



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Friday Tai Chi Class



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

Linda Hadley

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

Karen Bueschke | Bookkeeper

Adin Collver | Catering Director

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.

Donations

December 11-January 10

APPRECIATION

Anonymous-Thrift Shop Customers
Anonymous-Medical Lending Closet
Anonymous-Friday Camano Café
Ann & William Kasper-Old Friends Club
Kathryn Wallace-Old Friends Club
Kayoko & James Woods-Medical Rides
Shelene Worland-Bingo Event

GENERAL DONATIONS

Ann Barbas
Patricia and Hiram Bronson
James Brothers
Kelly and Darryl Cavanaugh
Pat Clark and Carol Hoeksema
Robin and Glen Elder
Vincent and Amber Ferrese
Marilyn and Walter Grosjean
Jerome Henebry
Esther Immer
Connie and Nick Johnson
Pam Kindelberger
Anonymous Donor
Mark and Kelly Kraus

Nancy and John McFeters
Joan Pino
Hallie Price
Brannon Ames and Janet Shapley
Ames
Betsy Shields
Jeffrey and Kathleen Shifs
Duane Simshauser
Patrick Kennicott & Fred Steffan
Marge and Michael Stidham
Jane Summerfelt
Phil and Candy Trautman
Joanna and Paul Williams

IN MEMORY

Denise Karstetter Laurie Ware
James Teslow Gladys Teslow

RESTRICTED

Judy Byrum Commercial Ovens
Connie & Nick Johnson Friendship
Tea Support
Sherrie Pastron-Commercial Ovens
Community Foundation of
Snohomish Co-Thrift shop security
upgrade grant

DONATE YOUR VEHICLE!



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

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!

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



January new member lunch attendees left to right: Steve Baker, Heike Baker, Rick Lowe, Rebekah Lowe, Craig Thompson, Gail Thompson, Margaret La Pore & Dave La Pore

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

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.

Call to Schedule your Appointment

(360) 387-0222

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.

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.



YOUR TYPE IS JUST WHAT WE NEED. Schedule your blood donation today.



Camano Center | 606 Arrowhead Road
Camano Island Community Blood Drive

Monday, February 12th
9:00 AM — 3:00PM

Please visit BloodworksNW.org/GiveBlood or click [here](#) to book your one hour appointment today!

Photo ID & appointments required.

800-398-7888 | bloodworksnw.org/giveblood
@bloodworksnw



AARP Foundation TAX-AIDE

Make Your Appointment Now

Tax Aides will be preparing 2023 tax returns on Mondays at the Camano Center and Tuesdays & Thursdays at Lincoln Hill.

Appointments must be made in person at your location of choice when you pick up a tax payer packet.

Packets must be completed, signed and brought to your appointment with you.

Appointments start February 6, 2024



55+ RESOURCE FAIR

One convenient place to get information about services, programs, and activities tailored to the 55 and over age group.



**Complimentary
lunch
11:00 – 1:00**

**SATURDAY, MARCH 9, 2024
9:30 AM – 2:30 PM
AT THE CAMANO CENTER**

PRESENTATIONS:

10:00 – 11:00

Healthy Living for Your Brain and Body: Tips from the Latest Research

12:15 – 1:15

Navigating the Aging Journey: Local Programs and Support Services

11:30 – 12:00

Six Dimensions of Aging Well: Aging Mastery Program Overview

1:30 – 2:30

Getting Your Ducks in a Row: Important Legal Issues

THANK YOU TO OUR EVENT SPONSORS:



STANWOOD HEARING



Heritage
BANK

Edward Jones

Jared D Johnson, AAMS™



606 Arrowhead Rd., Camano Island 360-387-0222

55 + Resource Fair

Save the date for the **55 + Resource Fair** coming up **Saturday, March 9th, 9:30 AM—2:30 PM**. The goal of the event is to have one convenient place for people to come and get information about services, programs, and activities tailored to the 55 and over age group. Representatives and information about government and other non-profit services, local transportation options, medical services, products, support groups, public safety, legal and financial services, senior living options, health and wellness, volunteer opportunities and more can all be found at this resource event. Whether you are gathering information for your own current needs, planning for your future, or needing help supporting a family member, this event is a great “one stop shop”.

A complimentary lunch of chicken salad sandwich on croissant, chips, fruit and a cookie will be served between 11:00 and 1:00, thanks to the support of our 2024 sponsors: Island Senior Resources, ACCA – American Cremation & Casket Alliance, IRG Physical Therapy, Edward Jones-Jared Johnson, Family Resource Home Care, Heritage Bank, Camano Kerri-North48 Real Estate, Stanwood Hearing, Good Knight Homes-Brooke Knight Real Estate Broker, and Eden Health.

There will be four presentations during the day on the following special topics:

10:00-11:00

Healthy Living for Your Brain and Body: Tips from the Latest Research

Jerri Wood, Community Outreach Manager, Alzheimer’s Association

For centuries, we’ve known that the health of the brain and the body are connected. But now, science can provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

11:30-12:00

Aging Mastery Program (AMP) Overview

Aging Mastery is a comprehensive 10-week course and fun approach to living that celebrates the gift of longevity. Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity. This short presentation will give you a basic overview of AMP and offer options to further your involvement through our in-person AMP class or self-directed AMP Kit.

12:15-1:15

Navigating the Aging Journey: Local Programs and Support Services

Nikki Turner, Program Specialist, Aging & Disability Resources Program, NWRC

Stacy Malone Miller, Hope Navigator, Community Programs Supervisor, NWRC

Learn about what resources are available locally to support your independence, dignity, and health as you age. This overview will include information on accessing in-home care services, State-wide Long Term Care (LTC) Programs, Family Caregiver Support Program, Dementia Support Program, tools for comparing and choosing a Long Term Care setting and how to connect with your local Aging and Disability Resource Specialist for help with a wide variety of information and assistance. There will also be time for questions and discussion.

1:30-2:30

Important Legal Issues Affecting You and Your Family as You Age

James Dolan, Elder Law Attorney, Jones Butler Dolan, PS

This overview on Estate Planning, Wills, Power of Attorney, Directives, Guardianships, Special Needs Trusts, Medicaid and more will help you in planning for your future.

Mark your calendars for this fun, free and informative day in March. It’s a great way to get connected!

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 Meals on Wheels changes or for meals to go.

February Lunch Entrée

2	Fri	Clam Chowder w/Carrots & Potatoes
5	Mon	Chicken Fried Rice
7	Wed	Pork Loin w/Cranberry Chutney
9	Fri	Baked Potato Soup w/Bacon & Cheese
12	Mon	Ham & Cheese Quiche w/Leeks
14	Wed	Chicken Cordon Blue
16	Fri	Italian Wedding Soup
19	Mon	Meal Stie Closed: Presidents Day
21	Wed	Cheeseburger Pie
23	Fri	Creamy Chicken Noodle Soup
26	Mon	Tuna Noodle Casserole w/Peas & Celery
28	Wed	Chicken Fettuccini Alfredo



**Monday, Wednesday & Friday
Community Lunch and Meals on
Wheels Home delivered meals,
are prepared by Island Senior
Resources in partnership with
the Camano Center.**



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

Aging and Disability Resources for Camano Island



Nikki Turner

**Aging & Disability
Resource Program
Specialist**

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



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.



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.



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.

Rightsizing Your Life

an Aging Mastery Program Elective Class



Presenter:

Brooke Knight, Real Estate Broker

Good Knight Homes

Thursday, February 8th

1:00-2:30

at the Camano Center

606 Arrowhead Road, Camano Island

pre-registration required,

call 360-387-0222 to register.

class is offered at no cost

Join us for an interactive class that helps you look at the pros and cons of a move, consider different housing options, deal with your concerns about moving and the potential family issues that may arise. Plus you'll learn how to develop a process for choosing what to keep and what to let go of, and create a roadmap with some easy first steps!

This class is part of the Aging Mastery Program Elective classes. Each participant will receive a booklet with action steps and resources for expanded learning opportunities on this topic.

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

Medical Transportation Program

The Camano Center’s Transportation Program is a vetted network of volunteer drivers that provide free transportation to Camano Island residents. Rides are arranged for older adults who live beyond the regular fixed-route bus service, who do not have access to a car, or may live alone and need a safe return after a medical procedure. By becoming a volunteer driver or a program donor, you can provide those in need with a ride to support their independence, health, and quality of life.

Contact Angie Bayley to register for the program.

(360) 387-0222

In Home Care Registry

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

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

Click [here](#) for to visit the programs & services section of our website for more information. The list is available in person at the Camano Center front desk Monday through Friday 9am–4pm.



What's Age Got to Do With It?

NUDGE, NUDGE...



an article I found addressing that very thing!

INSTEAD OF A NEW YEAR'S RESOLUTION, TRY A "NUDGE WORD"

"While everyone else is making New Year's resolutions, try something different. Pick a personal 'Nudge Word' instead of setting a specific goal. Choose a word that captures the mind-set you want to adopt in 2024 – a word that will nudge you toward positive change whenever you think of it. You may be surprised at how it can help you reflect on your values, intentions and hopes for the new year. Think of it as the anti-resolution resolution."

<https://www.youtube.com/watch?v=pkqwRC23HN8>

By now most of us have given up on whatever new year's resolutions we may have made for 2024. Don't let that discourage you. *Rather than* continuing to do the same thing over and over expecting different results, let's explore what we could try *instead* of making resolutions we know we won't keep even as we're making them. Following are excerpts from

"It should not be a broad resolution (exercise more), a specific action (lose 20 pounds), or a goal (save more money). Instead, choose a single word that reflects how you want to live in 2024.

So how do you pick a word of the year?" Here are some tips: "Write down the things that made you happy this year. What felt good? What do you get excited about? What would it take to feel this way all the time?

Next, think about what parts of your life could be better. What causes you stress? Are you thriving at work or feeling bored? Do you wake up excited about your day? What's happening in your relationships?

Finally, check in with your body. How is your physical health? How is your mental well-being? How do you feel when you look in the mirror?"

"Your word should reflect your values and intentions, your vision for what well-being means to you and the areas of your life that need attention." Here are some examples:

Words of reflection: awareness, awe, breathe, pause, reset,



gratitude, resilience, optimism,
focus

Words of change: reset, renew,
nourish, energize, growth,
recharge, evolve, bloom,
adventure, travel

Words of connection: relate,
reconnect, experience, balance,
engage, cherish, comfort, listen”

“As you are mulling what word to pick, chances are your mind will cycle through a few words that resonate with you. Remember, the real value of the exercise is the thinking that goes into choosing it. Take your time. Try a few words on for size and settle on the one that will help you focus on the things that are most meaningful to you — no matter what surprises 2024 may bring.”



I haven't yet settled on my “nudge word” for 2024, but “gratitude,” “appreciation,” and “patience” are in the top three so far. Wonder what yours will be?

<https://www.youtube.com/watch?v=Z9NYDgbKsBE>

“Don't dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward toward finding the answer.” – Denis Waitley

Connie Johnson
Board Member

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

~2024~
FRIENDSHIP TEAS
“Bring a Friend – Make a Friend”

Come for Tea & Treats
Stay for a Good Visit with Friends
(Both Old & New)

Bi-Monthly -- 1st & 3rd Tuesdays
10:30 a.m. – 12:00 p.m.
Contact: **Connie 360-652-7211**

February 6th & 20th
March 5th & 19th
*April 2nd & 16th
May 7th & 21st
June 4th & 18th
*July 2nd & 16th
August 6th & 20th
September 3rd & 17th
*October 1st & 15th
November 5th & 19th
December 3rd & 17th

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



Mending Hearts Quilting Group

1st & 3rd Mon
8:00-12:00pm
Location: Craft Room
Contact: Joan Huehnerhoff
(425) 754-6620

Paint Group 1

Every Tue
8:30-12:30pm
Location: Craft Room
Contact: Kitty Tanji
(425) 985-1319 or (360) 572-4123
Email: dragoes@me.com



Paint Group 2

Every Fri
12:30-3:30pm
Location: Craft Room
Contact: Kitty Tanji
(425) 985-1319 or (360) 572-4123
Email: dragoes@me.com

Hero Quilters

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

Needle Works

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



Friendship Tea is one of the many activities at the Camano Center where you can get connected and make new friends with similar interests. They meet on the 1st and 3rd Tuesday and is free to Camano Center members.

Get Curious

Special Interest

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.

Tech Tips

Every Tue
10:00-12:00pm
Location: Library
Call the Camano Center (360) 387-0222 or stop at the front desk to schedule an appointment for one-on-one assistance.

Friendship Tea

1st & 3rd Tue
10:30-12:00pm
Location: Education Room
Contact: Connie Johnson
(360) 502-3361

Camano Book Club

1st Wed
2:30-3:30pm
Location: Jensen Room
Contact: Janet Penny
(360) 403-5502

Get Vocal *Music Makers*

Using Your iPad as Your Song Book

Every Mon
12:00-1:00pm
Location: Craft Room
Contact: Lee Clemetson
(425) 308-4037

Camano Ukulele Ensemble

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

Beginning Ukulele

Every Tue
2/06/24-4/16/24
12:30-2:00pm
Location: Education Room
Class starts February 6th. Space is limited.
Contact: Ellen Suffern
ellensuffern@wavecable.com

Acoustic Music Group

Every Tue
1:00-3:15pm
Contact: Robin Widoff
(707) 312-1112

Country Western Music Group

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

Get Connected *Cards & Games*

Duplicate Bridge

Every Thu
12:30-3:30pm
Location: Education Room
Contact: Myrna Corcoran
(360) 770-4197

Mah Jongg

Every Mon
9:00-12:00pm
Location: Education Room
Contact: Melinda Brown
(360) 387-2940



Pinochle

Every Mon
12:30-3:30pm
Location: Education Room
Contact: Mary Rauch
mjrauch@wavecable.com
360 387-1142



BEGINNING UKULELE

DISCOVER THE JOY
OF UKULELE PLAYING!

Camano Center
606 Arrowhead Road
Camano Island
12:30 P.M. Tuesdays

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

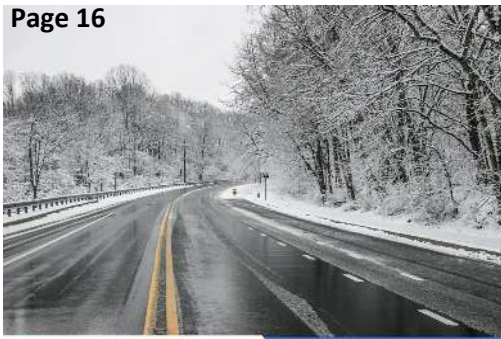
Class starts February 6
Space is limited
No class April 2

Contact: Ellen Suffern
ellensuffern@wavecable.com

Free to Camano Center Members

camanocenter.org





Hazardous CONDITIONS

The Camano Center and 2nd Chance Thrift Shop follow the Stanwood-Camano School district's decision to close because of ice, snow and other hazardous weather conditions that make driving dangerous.

When the school district closes for other reasons that may include power outages or wind damage, the Camano Center and 2nd Chance Thrift Shop will open at the discretion of the Executive Director.

Changes to the school schedule are usually announced by 5 a.m. Announcements are made on local radio, TV, various social media platforms and the school district website.

You can also call the district **Information Hotline.**

**INFORMATION HOTLINE
(360) 629-1240**

Cribbage

Every Tue
1:00-4:00pm
Location: Library
Contact:
Hilda Story
(425) 220-4562

Hand & Foot Canasta

Every Wed
12:30-3:30pm
Location: Education Room
Contact: Marsha Kessler
(425) 350-8779

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
(425) 344-9505

Pilates/Yoga Fusion

Every Tue/Thu
8:00-9:00am
Location: Sundin Room

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

Every Mon/Wed/Fri
8:00-9:00am
Location: Sundin Room
Class is currently full

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

Every Mon/Wed/Fri
9:00-10:00am
Location: Sundin Room
Class is currently full

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

Every Mon/Wed/Fri
10:00-11:00am
Location: Sundin Room
Class is currently full.

(9:15 A.M.) Stay Active & Independent for Life

Every Tue/Thu
9:15-10:15am
Location: Sundin Room
Class is currently full.

(10:15 A.M.) Stay Active & Independent for Life

Every Tue/Thu
10:15-11:15am
Location: Sundin Room
Class is currently full.

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

Every Tue/Thu
11:15-12:15pm
Location: Sundin Room
Class is currently full.

Yang Style Tai Chi is free to Camano Center Members. Non-Members pay a fee.
Contact: Tom Hiegler
(360) 420-3426

Yang Style Tai Chi

Every Fri
11:00-12:00pm
Location: Education Room

Yang Style Tai Chi

Every Wed Beginning February 7th
2:00-3:00pm
Location: Sundin Room
Yang Style Taji Chi

Musical Offerings

Camano Ukulele Ensemble



One of the first groups to start jamming at Camano Center is the "CUE" group.

After Covid and the restarting of the music programs at the Center, the CUE group was one of the first to get started again. The populari-

ty of CUE has seen the program grow in membership and opportunities to play for lunches at the Center and several opportunities to play for the Camano Island Chamber of Commerce meetings which have been held at Arrowhead Ranch. In addition, they are often invited to play for other groups in the local area.

To help support the interest in the group, Ellen Suffern has started a 10 week Beginning Ukulele class at the Center.

The class comes around twice a year, and the next one begins Tuesday, February 6th at 12:30 pm. The class is taught by Ellen, who has been playing the Ukulele for 8 years now, she says: All you

need is a Ukulele, a tuner, a music stand and tons of ENTHUSIASM! To join the group, please send an email to:

ellensuffern@wavecable.com.

Space is limited.

The group has a long and growing list of songs that they do, and the members sing and harmonize beautifully!

So, if you are a ukulele player, want to be a ukulele player and you LOVE to sing, please send Ellen an email and join the group! You won't regret it! (P.S. Classes are free to Camano Center members)."

Paul Jantzen

Camano Center Member



Camano Ukulele Ensemble Left to Right Back Row: Lee Clemetson, Ellen Suffern, Phil Trautman, Paul Jantzen, Lois Giles

Front Row: Gary Suffern, Debbie Chapin, David Baumchen, Donna Grout

BUSINESS MEMBERS



JOIN US! in **2024**
INDIVIDUAL & BUSINESS MEMBERSHIPS

CamanoCenter
Get connected.

Connect with the Community & 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

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

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