



55+ RESOURCE FAIR

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



[More Info Page 4](#)



2nd Chance Thrift Shop
Customer Parking
Customer Entrance



March Highlights

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[What's Age Got To Do With It Page 18](#)

Happy 2nd Chance Shoppers waiting for the doors to open!



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

Juliane Abbott | Member Services Lead

Karen Bueschke | Bookkeeper

Adin Collver | Catering Director

Linda White | Hospitality Coordinator

Tina Dinzi-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

January 11-February 10

APPRECIATION

Anonymous -Camano Center Cafe
FRIDAY lunch
Anonymous -Thrift Shop
Customers
Anonymous -Friendship Tea
Anonymous -Covid Tests
Rita Ashley-Notary Services
Bernice & Frank Coffey-Medical
Rides
Jill Johnstone- Tai Chi Classes -
Donald Senter-Notary Services
Philip and Holly Simays-Tax Aide
Services
Robin Widoff-Old Friends Club
Kayoko & James Woods-Medical
Rides

GENERAL DONATIONS

Jerry Bougie
Patricia and Hiram Bronson
Bob Carr
Pat Clark and Carol Hoeksema
Jeffrey Culbertson
Robin and Glen Elder
Vincent and Amber Ferrese
Marilyn and Walter Grosjean
Rayna Haas
Anonymous Donor
Connie and Nick Johnson
Anonymous Donor
Mark and Kelly Kraus
Dennis and Janet Roberts
Paul and Sandra Schumacher
Betsy Shields
Duane Simshauser
Phil and Candy Trautman
Kroger Community Rewards

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 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



*February new member lunch attendees left to right:
Walt Schanzenbach, Helaine Burrows, Sandy Coons & Bill Coons*



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

11:30 – 12:00

Six Dimensions of Aging Well: Aging Mastery Program Overview

12:15 – 1:15

Navigating the Aging Journey: Local Programs and Support Services

1:30 – 2:30

Getting Your Ducks in a Row: Important Legal Issues

THANK YOU TO OUR EVENT SPONSORS:



Edward Jones

Jared D Johnson, AAMS™



STANWOOD HEARING



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

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., Snowgoose Transit, Josephine Caring Community, Homewatch Care Givers, Vidor & Associates & Gilbertsons.

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

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!

Get Grounded

Dig into the Soil Health

Soil is teeming with life. With advances in technology, we, the ever-curious above-ground experimenters, are slowly *unearthing* how these various tiny creatures interact with each other and their environment. Learning how to manage this complex soil ecosystem can feel daunting, especially in the face of environmental extremes and changes, but many people are having success by focusing on soil health. Different than previous soil management terms, soil health emphasizes soil biology (soil life) as well as maintaining soil functions long-term to sustain above-ground life. While at times, the term seems very new and technical (I mean, what is active carbon anyway?), many methods to improve soil health are old-

ies but goodies such as cover cropping, crop rotation, or prescribed grazing.

Over the next year, we'll dive into varied aspects of soil health: ways to measure it, modern ideas, tried-and-true methods, and the long-term benefits. We hope that you'll join us on this exploration of soil health and reach out to us with questions.

Our first topic is soil compaction, a physical change that can greatly affect the soil's biology. Compaction occurs when soil particles are pressed tightly together, pore space is lost (particularly the bigger pores or macropores), and soil structure breaks down. Ultimately, the soil becomes denser. While

roots have trouble growing through compacted soil, normal microbial functions can also change. For example, microbes typically help convert organic nitrogen in the soil into forms that plants can more easily use (such as nitrate or ammonium), but when compaction decreases pores and available air, the new low/no oxygen environments limit these reactions. In fact, these low/no oxygen environments actually increase other microbial processes that remove nitrogen from the soil (see link if interested in reading more on the nitrogen cycle: <https://www.nature.com/scitable/knowledge/library/the-nitrogen-cycle-processes-players-and-human-15644632/>).

There is also evidence that soil compaction may decrease the number of mycorrhizal fungi, a species that lives harmoniously with plant roots. These fungi scavenge nutrients for plants and help build soil structure, and thus can be very useful in a healthy soil ecosystem.

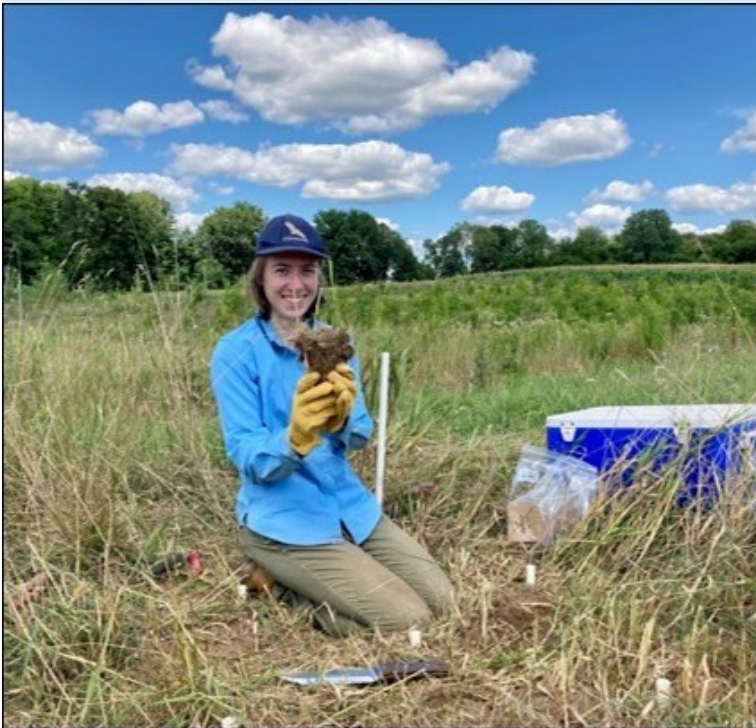
For those of us in Western Washington, having wet conditions is like preheating the oven for a soil

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compaction recipe. When soils are wet, activities like livestock grazing, operating heavy machinery, and tillage can easily compact soils, which ultimately causes ponding, mud formation, soil erosion, and nutrient loss into waterways. Sometimes it's hard to avoid working in these conditions and other precautions can be taken (see sources below for more details on this), but in general, to avoid compaction, avoid working on wet soils. If you already have soil compaction, rebuilding soil health by adding compost or organic matter, planting deep-rooting cover crops (daikon radish, cereal rye, etc.), reducing tillage, or implementing crop rotations (with diverse root systems) can all help.



The following articles offer more details about soil compaction and methods to both prevent and mitigate it.

WSU - Soil Compaction: An inevitable part of modern agriculture or a symptom of poor soil health: <https://soilhealth.wsu.edu/2023/02/27/soil->



[compaction-an-inevitable-part-of-modern-agriculture-or-a-symptom-of-poor-soil-health/](#)

1. Livestock grazing and soil compaction:

<https://attra.ncat.org/how-does-soil-compaction-impact-grazing-lands/>

<https://attra.ncat.org/the-causes-of-soil-compaction-on-grazing-lands/>

<https://attra.ncat.org/diagnosing-soil-compaction-on-grazing-lands/>

Managing soil compaction when you can't avoid working on wet soils: <https://extension.umn.edu/soil-management-and-health/soil-compaction#control-traffic-1189510>

This project (WQC-2022-SnohCD-00101 Nutrient Run-off Reduction From Agricultural Lands in Snohomish County) was made possible through a Centennial Clean Water Fund grant through the Department of Ecology.

*Chase O'Neil
Snohomish Conservation District Farm Planner*

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.

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.

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.

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.

**Contact Angie Bayley
to register for the program.**

(360) 387-0222

Foot Care Clinic

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

Fees are as follows:

\$35 toenails

\$10 fingernails

Checks accepted, cash preferred when possible.

Call to Schedule your Appointment

(360) 387-0222



Join the adventure!



In the 10-Week Class, You Will Learn About:

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

Aging Mastery Program—Coming this April!

The Camano Center will be hosting the **Aging Mastery Program (AMP)**, a 10-week class to help you create your own personal playbook for aging well, starting this April! If you would like to learn more about the program, come to the AMP overview presentation from 11:30-12:00 at the 55+ Resource Fair on Saturday, March 9. Registration for the 10-week class will be available at the Resource Fair or on our website, starting March 9th. The AMP 10-week class will be held on:
Thursdays from 1:00-2:30, 4/11-6/13.

**“Enjoyed all of the presentations!
A worthwhile program”**
-Winter 2023 Class Participant

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.



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.

March Lunch Entrée

1	Fri	Chicken Broccoli Soup w/ Cheese
4	Mon	Scalloped Ham & Potatoes
6	Wed	Fish Sandwich on a Bun
8	Fri	Turkey and Rice Soup
11	Mon	Sloppy Joe on a Bun
13	Wed	Chicken w/Mushrooms
15	Fri	St. Patrick's Day Corned Beef Reservation Lunch
18	Mon	Sweet & Sour Pork w/Pineapple
20	Wed	Spaghetti w/Meatballs
22	Fri	Homemade Beef Stew
25	Mon	Cheeseburger on a Bun
27	Wed	Turkey w/ Cranberry Sauce
29	Fri	Split Pea Soup w/Ham

**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**



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.



Ensure Plus *Liquid Nutritional Supplements*

Eligibility

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

Cost

Meals are provided "by-donation" and clients pay what they can. Donations are needed to keep the

program running. Suggested donation \$30/case of twenty-four.

How do I obtain Liquid Nutrition Supplements on Camano Island?

The liquid Nutritional Supplement Program is provided through Island Senior Resources. Contact Angie Bayley, at the Camano Center at (360) 387-0222 for assistance.

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



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.

A Message From Your Board President



In my previous articles for the Newsletter, I focused significantly on how the Vision and Mission of the Camano Center are exemplified through the programs, activities, and services offered at the Center. They are many and varied, and each of them advances the Center's commitment to the empowerment of older adults in our community.

In this article, I want to focus on the 2nd Chance Thrift Shop, as an integral part of the Vision and Mission of our Camano Center. The 2nd Chance Thrift Shop is vital to the success of the Center, both providing financial support for operations and illustrating, in the best sense possible, the guiding Values of the Center—compassion, respect, integrity, inclusion, continuous growth, and acting with a heart of service.

The 2nd Chance Thrift Shop was opened in the summer of 1982, shortly after the incorporation of Camano Senior Service Association, to provide financial support for the Association. It initially operated out of the building that is now the Camano Island Yacht Club. In 1985, the Thrift Shop moved to its current location on State Highway 532, renting the property and an old residential building until both were purchased in November 1988. A lot contiguous to this property was purchased in April 1994 in anticipation of future expansion. In 2009, the existing building (now called the Old Building) was remodeled both inside and outside, with painting, new carpeting, ramps for ADA compliance, and paving.

Gradually the Old Building reached its capacity, and following a major fund-raising campaign which raised \$605,000, the New Building was erected in 2017. It provided an additional 4,000 square feet of space, including reorganized sales rooms, and workstations for receiving, pricing, and check-out. Since then, based on feed-back and in anticipation increased use, additional improvements continue to be made to the 2nd Chance Thrift Shop to maintain the facility and keep it user-friendly.

The 2nd Chance Thrift Shop has experienced significant growth in both the size of its business and its value to the community since it opened. The Thrift Shop has established a regional reputation for offering a wide variety of gently-used inventory, displayed in easy-to-access surroundings, and priced-to-sell. The Thrift Shop serves a varied clientele, from shoppers looking for name-brand apparel, to those who shop for the necessities of daily life, including clothing, household items, and furniture. The inventory changes regularly, and many loyal customers return often to find needed items and new treasures.

While the 2nd Chance Thrift Shop has paid-staff in management, receiving, and custodial services, the backbone of the Shop is its regular volunteers, currently numbering nearly 120, who keep the store running smoothly with a sustained commitment to serving the community and supporting the Camano Center's Vision and Mission. As someone who volunteers weekly at the Thrift Shop, I can speak from personal experience about the pleasures of being part of a group of people who are purpose-driven, service-focused, cheerful, and respectful. The volunteers truly en-

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joy each other’s company. Respect is extended to every individual who interacts with volunteers, including those who drop off items to be recycled and customers who shop and make purchases. And the bonus is that the income made from sales at the 2nd Chance Thrift allows the Camano Center to provide needed programs and services to aging adults in the community. Volunteers at the Thrift

Shop donated nearly 2,000 hours of work in 2023, and Thrift Shop sales accounted for almost 40% of the Center’s revenue. Other Camano Center income comes from partnering with Island Senior Resources, memberships, rental of the Center building, and donations from loyal members of our community.

The 2nd Chance Thrift Shop was nominated for the Business of the Year Award by the Stanwood/ Camano Chamber of Commerce in

2022. In the spring of 2023, the website *The Best of Washington*, named the 2nd Chance Thrift Shop one of the best thrift shops in the State. These recognitions are well-deserved and are unsolicited confirmation that the Thrift Shop is a recognized and important part of the Camano Center and is making a positive contribution to the local community.

Jeff Highland
CSSA Board President

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.

Sponsored By:



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.



Activities and Hobbies

At the Camano Center

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

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

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

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

Get Creative

Art & Sewing



Mending Hearts Quilting Group

1st & 3rd Mon

8:00-12:00pm

Location: Craft Room

Open to all crafters.

Contact: Joan Huehnerhoff (425) 754-6620 for more information.



Paint Group 1

Every Tue

8:30-12:30pm

Location: Craft Room

An all-medium paint community.

Contact: Kitty Tanji (425) 985-1319 (text only), (360) 572-4123 or email: dragoes@me.com.

Paint Group 2

Every Fri

12:30-3:30pm

Location: Craft Room

An all-medium paint community.

Contact: Kitty Tanji (425) 985-1319 (text only), (360) 572-4123 or email: dragoes@me.com.

Needle Works

Every Thu

9:00-11:00am

Location: Craft Room

Contact: Mary Beckham (360) 387-6958

Hero Quilters

3rd Wed

10:30-3:00pm

Location: Craft Room

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

Contact: Sharon Szekely
sharonsseams2be@yahoo.com

Get Smart

Computer & Phone Help

Q & A for iPhones and iPads

Every Mon

12:00-1:00pm

Location: Craft Room

Group setting. No need to register for this one just show up with your device.

Macbook and iPad/iPhone

Tutoring

1st Fri every month

10:00-12:00pm

Location: Library

Sign up at the front desk for a 30 minute private Q&A and tutoring session.

Tech Tips

Every Tue

10:00-12:00pm

Location: Library

Sign up at the front desk for one-on-one assistance with Wanda Hill. Remember to bring your lap top. Sorry no Macs or phones.

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.

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
Reading list is from the Sno-Isle library.
Contact: Janet Penny
(360) 403-5502

**Get Vocal
Music Makers****Camano Ukulele Ensemble**

Every Mon
1:00-3:00pm

Location: Craft Room
Contact: Val Schroeder
(360) 387-2236

Beginning Ukulele

Every Tue
12:30-2:00pm

Location: Education Room
Current class is underway.
Contact Ellen Suffern if you are

interested in learning to play the ukulele.

ellensuffern@wavecable.com

Acoustic Music Group

Every Tue
1:00-3:15pm

Location: Jensen Room
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 Strategic***Cards & Games*****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 or
(360) 387-1142.

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

Duplicate Bridge

Every Thu
12:30-3:30pm

Location: Education Room
Contact: Myrna Corcoran
(360) 770-4197

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MACBOOK & IPHONE

Free to Camano Center Members

Macbook and iPad/iPhone Tutoring

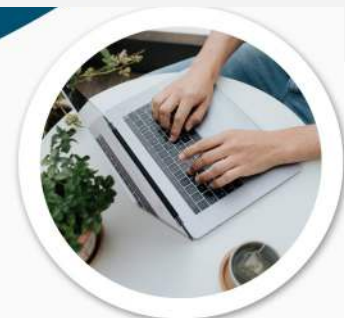
1st Fri of the Month
10:00-12:00pm

Sign up at the front desk for a 30 minute private Q&A and tutoring session at the Camano Center with Joyce Lukaczar. Apple Products only. All questions welcome! These sessions are intended to meet you where you are in your relationship with your Mac laptop, iPad or iPhone and to help make the technology more useful to you, however you want to use it.

Q & A for iPhones and iPads

Every Mon
12:00-1:00pm

Do you have questions about your iPad or iPhone? Lee Clemetson will be available to take your general questions about your device in a group setting. Show up with your iPhone or iPad. No need to register for this one!



Get Active

Exercise & Fitness

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

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

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

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

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

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

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

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

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

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

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

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

Yang Style Tai Chi

Every Wed
2:00-3:00pm
Location: Sundin Room
No need to register for this one
Contact: Tom Hiegler
(360) 420-3426

Yang Style Tai Chi

Every Fri
11:00-12:00pm
Location: Education Room
No need to register for this one.
Contact: Tom Hiegler
(360) 420-3426

LIFT

Every Tue/Thu
7:00-8:00am
Location: Sundin Room
Instructor: Carol Pope
(425) 344-9505

Pilates/Yoga Fusion

Every Tue/Thu
8:00-9:00am
Location: Sundin Room
Instructor: Carol Pope
(425) 344-9505

YANG STYLE TAI CHI

Free to Camano Center Members

Yang style Tai Chi which has three sets with over 100 individual moves. I use standing Tai Chi and seated Tai Chi in the same class. We also do a lot of simple movements coupled with intentional breathing called Qi Gong.

Wednesday 2pm - 3pm

Friday 11am - 12pm

Instructor: Tom Hiegler



BUSINESS MEMBERS



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What's Age Got to Do With It?

Growth



No, this is not about that weird thing you wonder if you need to see your dermatologist about. It's not about the increased size of your feet, earlobes, waistline, or anything like that, either. Nor is it about how your garden grows.



Remember “Nudge, Nudge...” where I shared the idea that, rather than making resolutions we will probably fail to achieve, we should choose a “nudge word” to help us focus on what may better guide us in our actions and reactions throughout the year? I finally chose “Patience,” and am trying to call it to mind whenever I

feel myself struggling to maintain balance and find solutions to challenges.

I still have a way to go before it becomes a reliable habit of mind, but it feels worth trying.

Exploring the wider realm of worthy approaches, I've come across a couple of related inspirations for how to get where we want to go in our lives.

One of them surfaced in an Aging Mastery Program extended offering class held at Camano Center in early February, “Rightsizing Your Life.” It was about managing something we are probably all going to have to deal with (again?) eventually, downsizing.

As always, it proved helpful, inspiring, and in many ways, unifying. There was one particular concern about the process of moving to a new living situation



that elicited a collective, “Oh, yeah!” response – DECLUTTERING. The testimonies of those who had actually managed to declutter their homes were compelling, even though I know I'm not there yet. One quote really resonated, however.

“You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.” --Jan Gidwell

https://www.youtube.com/watch?v=zwh8JK1dN_Q

Because the struggle to find a way to start the process is so overwhelming for those of us with a congenital need to save *everything*, the next inspiration that found me came from an article about Jay Shetty's “7 Days of Growth” series on the Calm app).

<https://abcnews.go.com/GMA/Living/jay-shetty-back-new-years-goals-back-gear/story?id=106709754>

<https://www.calm.com/app/program/PLqN5AQpfO>

He suggests that rather than setting *Goals*, we should try “Growth Setting” as a more manageable way to get to the end result we really want. In other

words (his):

"I generally find that goals are things that we want to do, or things we want, as opposed to who we need to be in order to achieve those goals. So if goals are what we want, growth is who we need to be to get to that goal."

His recommendation is to use the "Each Day is a New Day" approach, making reaching a goal more manageable, achievable, and something worth celebrating, rather than thinking, "Gosh, how am I going to do that every day?" How?

Consider every new beginning within the year as a *New Beginning*, whether it's a new week, a new month, a new year, or even just a new day.



<https://www.youtube.com/watch?v=UCmUhYSr-e4>

<https://www.youtube.com/watch?v=Es3Vsfzdr14>

(Maybe I'll change my "nudge word" to GROWTH...)

Connie Johnson
Board Member

<https://hellomusictheory.com/learn/best-songs-about-new-beginnings/>

Whatever approach you choose, or however you choose to incorporate all of them into your life in one way or another, just let yourself let go and go forward into a new day.




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