

OLD FRIENDS CLUB

Old Friends Club adds 2nd Day beginning Tuesday, April 16.

Read More Page 8

April Highlights

Donations [Page 3](#)

Volunteer Appreciation Month [Page 4](#)

Programs, Services & Partnerships [Page 6](#)

Bridge—It's More Than A Game [Page 12](#)

Activities & Hobbies [Page 14](#)





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 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

February 11-March 10

GENERAL

Anonymous
Betsy Shields
Bonnie and Richard Cavell
Connie and Nick Johnson
Cynthia Duggar
Don and Jocie DeVries
Duane Simshauser
Frank and Mary Montgomery
Hugh and Lois Judd
Marilyn and Walter Grosjean
Mark and Kelly Kraus
Pat Clark and Carol Hoeksema
Patricia and Hiram Bronson
Paul Savoie and Myrna Corcoran
Phil and Candy Trautman
Ray and Joan Cresap
Robert Hill

Robin and Glen Elder
Susan and Bill Savage
Tim and Kirsten Spencer
Vincent and Amber Ferrese

APPRECIATION

Thrift Shop Customers
Anonymous Donor Copies
Anonymous Donor—SAIL Program
Jo Anne Burklund—Medical Rides
Larry & Lovella Olberding
—Medical Rides
Michael & Doris Taylor—Notary
Pam Fredericksen—AARP Tax Aids
Peter and Jozina Van Thorndyke
—Medical Rides
Riley Brack — MOW

DONATE YOUR VEHICLE!



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

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

Welcome New Members!

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

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

Contact Angie Bayley for more information.

abayley@camanocenter.org



Back Row: Lucinda Brezak, Alan Cunnington, Kristi Cunnington, Jaclyn Ivy, Tanya Booth, Diana Criag, Louis Craig **Front Row:** Sue Diamond, Leigh Fiedler, Renee Ellsworth, Rebecca Nelson

Celebrating Volunteer Appreciation Month:

A Heartfelt Thank You to Our Invaluable Volunteers



As April unfolds, we are delighted to highlight a group of individuals who are the lifeblood of our organization - our incredible volunteers. April is officially recognized as National Volunteer Appreciation Month, and it is the perfect time for us to express our deepest gratitude to the selfless individuals who devote their time, energy, and passion to make a positive impact in our community.

every hand extended, our volunteers exemplify the true spirit of community.



Jill Johnstone

Expressing Our Gratitude: Join the Celebration!

We invite you to join us in celebrating Volunteer Appreciation Month. Whether you have directly benefited from our volunteers' efforts or simply want to express your appreciation, there are various ways to get involved:

Share Your Thanks: Use social media to share your messages of gratitude for our volunteers.

Write a Note: Take a moment to write a personal note of appreciation to our volunteers. These heartfelt messages are compiled and shared with our dedicated team.

Take a moment to personally express your gratitude. A simple "thank you" goes a long way in letting them know their efforts are seen and appreciated.

Thank you for being the driving force behind positive change.

*Lisa Brents
Volunteer Services Manager*



*Candy Trautman and
Candi Bialon*



*Terry Benham and
Larry Carlstrom*

Volunteers are the heartbeat of Camano Center and the 2nd Chance Thrift Shop. They bring our mission to life, embodying the values that define our community. Whether it is through thrift shop support, event support, outreach programs, or administrative assistance, each volunteer contributes in unique and invaluable ways, creating a collective force for positive change. In every smile shared, every hurdle overcome, and

BUSINESS MEMBERS



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

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

[Beard Financial Group](#)

[CASA – Camano Animal Shelter Association](#)

[CAA – Camano Arts Association](#)

[Camano Chapel](#)

[Camano Fit](#)

[Camano Island Dental Center](#)

[Camano Island Mosquito Control District](#)

[Camano Kerri – North48 Real Estate](#)

[Coastal Community Bank](#)

[Cross Country Mortgage](#)

[Designs Northwest Architects](#)

[DWB Insurance Group – Dave Ballard](#)

[Jared D. Johnson – Edward Jones](#)

[Ronald A. Kennedy – Edward Jones](#)

[Family Resource Home Care](#)

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

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

[Heritage Bank](#)

[Homewatch Caregivers](#)

[Hydrating Water, LLC](#)

[Island Harvest Farm](#)

[Josephine Caring Community](#)

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

[Our Legacy Fields](#)

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

[McPherson Pest Control](#)

[Northwestern Mutual](#)

[Paws and Wings Place](#)

[Pope Chiropractic](#)

[Puget Sound Tree Care, LLC](#)

[Restoration 1](#)

[Shoebox Baking Company](#)

[Stanwood Hearing](#)

[Stanwood Lions Club](#)

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

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

[Vidor & Associates, Inc.](#)

[Visual Photography with Tara Howard](#)

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

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 Medical Transportation program is a vetted network of volunteer drivers dedicated to providing transportation assistance to those who need it most. By becoming a volunteer driver or contributing as a program donor, you can make a meaningful difference in the lives of others.

Your support enables us to ensure that older adults living beyond the regular fixed-route bus service,

those without access to a car, or individuals who may be living alone and in need of a safe ride to a medical appointment, receive the assistance they require.

Join us in supporting independence, health, and quality of life for our community members. Together, we can make a positive impact, one ride at a time!

Contact Angie Bayley for more information or to register for the program.

(360) 387-0222

Foot Care Clinic

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

Fees are as follows:

\$35 toenails

\$10 fingernails

Checks accepted, cash preferred when possible.

Call to Schedule your Appointment

(360) 387-0222



Join the adventure!



Build your own playbook for aging well!
The Camano Center will be offering the
10-week Aging Mastery Program:
April 11th—June 13th,
Thursdays from 1:00-2:30.

Registration is required and space is limited.
Cost per person for 10 classes is \$60.
Contact Karen Conway at
kconway@camanocenter.org
or click [here](#) to register



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



CamanoCenter
Get connected.

Island County Community Health Survey



Scan QR Code to
take the survey



Share What Matters To You!

- Your voice will guide the next 5 years of Public Health practice for Island County
- Anonymous
- 5-10 minutes



For more information, please visit
<https://www.islandcountywa.gov/175/Assessment>

Island County Community Health Survey 2024

Island County wants to hear from you! The Community Health Survey is collecting responses through April 30th to include in the Community Health Assessment Report, which will be released in July of 2024. If you haven't taken the quick survey yet, be sure you do!

The anonymous survey takes **ten to twelve minutes** and will help Island County Public Health better understand how all islanders are doing. The results of the survey will identify areas of improvement and set a path toward creating a healthier community for all.

You can pick up and complete a paper copy of the survey at the Camano Center or click the link to complete the survey online. <https://www.surveymonkey.com/r/Z3Q2SSZ>

The survey is also available in Espanol and Tagalog (choose your language preference in the dropdown menu in the upper corner of the survey).



Old Friends Club Expands to a Second Day

Old Friends Club, a social model day respite program and a place of friendship and belonging for those living with dementia, has been offered at the Camano Center on Thursdays from 9:30-2:30 since July. Our Club days have been full of lively conversation, music, creative projects, friendship, games, and smiles! Due to increased interest and community need, the Camano Center is thrilled to announce, we will be adding a second program day Tuesdays April 16th. We have added a new Old Friends Club staff member to

support our Tuesday team, Christine Longdon. Our Old Friends Club group size is limited to a maximum of 12 participants, with the addition of a Tuesday session, we can offer the option of two days a week to participants OR the choice of coming on a Tuesday or a Thursday. If you are interested in a visit to the club to see if it is the right match for your family member, please complete an Initial Inquiry Form, by clicking [here](#) and our staff will be in touch with you.

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



Tina Dinzl-Pederson
OFC Program Coordinator



Cheryll Davis
OFC Thursday Assistant



Christine Longdon
OFC Tuesday Assistant

The Wonderland Gala

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

Save the Date

Tickets on Sale 9.3.24
Limited Tickets Available
CAMANOCENTER.ORG



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 Program Basics

- Our program is offered on Tuesdays and Thursdays from 9:30 am—2:30 pm.
- This social respite program has a maximum of twelve participants each day.
- Initial Inquiry Form and complimentary trial visit helps determine if the program model is the right match for your family member.
- Program fees are based on an all-inclusive rate of \$425/month for one day a week and \$795 for two days a week (fees include funds for program supplies/activity costs as well as a daily lunch and snacks).
- If you carry Long Term Care Insurance, check with the provider to see if day program services are a covered benefit.

- Please inquire about scholarship fund if cost is a barrier.

How to Join

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

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



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.

April Lunch Entrée

1 Mon	Sesame Chicken
3 Wed	Beef Lasagna w/Marinara
5 Fri	Pancakes & Scrambled Eggs
8 Mon	Ham w/Grilled Pineapple
10 Wed	Meat Lover's Pizza
12 Fri	Tuna Salad on Croissant
15 Mon	Chicken Tenders w/BBQ Sauce
17 Wed	Meatloaf w/Tomato Topping
19 Fri	Club Sandwich Wrap
22 Mon	Pulled Pork Sandwich on a Bun
24 Wed	Salmon w/Lemo Dill Sauce
26 Fri	Chicken Broccoli Rice Casserole
29 Mon	Beef Stroganoff w/Mushrooms



**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: Carol Biegler, Robin Andersen, Lars Wengren, Joyce Peterson, Adin Collver,

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



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.



Bridge

It's More Than a Game

Here's what I found out:

There are several versions of "Bridge", the one played at the Center is called "duplicate" bridge.

The chief reason people like to play bridge is the game's rich social component. The game is played by an estimated 25 million in the U.S including people such as Warren Buffett and Bill Gates.

Key take aways from my research:

- Playing bridge stimulates the brain, leading to other health impacts.
- It is an intellectual challenge and provides problem solving satisfaction.

- It provides intellectual and social stimulation on a routine basis.
- It supports memory. Those who played frequently scored better on cognitive tests.
- And if that weren't enough – It's a **LOT OF FUN!!**

The links at the end of this article provide additional information that will guide you to online programs that teach bridge, allow you to play bridge with others, and highlight the health benefits of the game.

OK – so now that you are convinced that you need bridge in your life, how do you get started? If you are a skilled "duplicate" bridge player, contact

Recently, the question came up – How can we share the benefits of playing bridge with our Camano Center members?

I started doing some research and set up interviews with our members that currently participate at the Center.



Myrna Corcoran at (360) 770-4197 to discuss joining the bridge group. It is free to Camano Center members. If you are new to the game, check out the list of online resources.

The recommendation is to learn the basics online and start or join a “party” bridge game. We understand that “party” bridge is available at the Country Club on the Island. After gaining experience with “party” bridge, you may want to move up to a

Are you a lover of the game and willing to share your knowledge and skill with others? The Camano Center is seeking a volunteer bridge instructor to teach bridge. Contact Kendall Faragher (360) 387-0222

“duplicate” bridge program like the one available at Camano Center. Playing bridge is also a fun way to spend time with your family.

Duplicate bridge is played at the Camano Center on Thursday, from 12:30 to 3:30pm. Contact Myrna Corcoran (360) 770-4197 for more information and sign up.

*Paul Jantzen
Camano Center Member*

[A Bridge to Brain Power](#)

[Age Well: Bridge builds brain benefits.](#)

[24-7 Bridge](#)



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

**Check before you go.
Schedule is subject to change.**



Get Creative

Art & Sewing

Paint Group 1

Every Tue
8:00-11:00pm
Location: Craft Room

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
email: dragoes@me.com.

Mending Hearts Quilting Group

1st & 3rd Mon
8:00-12:00pm
Location: Craft Room
Open to all crafters.
Work on your own project or work on disaster quilts.
Contact: Joan Huehnerhoff
(425) 754-6620

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
Contact: Sharon Szekely
sharonsseams2be@yahoo.com
The Stanwood-Camano Hero Quilters make patriotic quilts for wounded soldiers.



PAINT GROUP

OUR PAINT GROUP IS AN ALL MEDIUM COMMUNITY! ALL SKILL LEVELS WELCOME.

TUESDAY 8:00 AM - 11:00 AM
FRIDAY 12:30 PM - 3:30 PM

Email Kitty Tanji: dragoes@me.com
for more information

Free to
Camano Center
Members

Get Smart

Computer & Phone Help

Using Your iPad as Your Song Book

Every Mon

4/01/24-5/27/24

12:00-1:00pm

Location: Craft Room

Learn to use your iPad (or Android) as a songbook. You will learn how to follow along with others to play music. Beginner to advanced welcome!

Contact: Lee Clemetson
425 308-4037

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.

Get help wit

- Your Windows OS
- MS Word, Excel, Outlook
- General questions welcome
- Sorry no Macs or phones

Macbook and iPad/iPhone

Tutoring

1st Fri

10:00-12:00pm

Location: Library

Get help with your Mac laptop, iPad or iPhone. Sign up for a 30 minute private Q&A /tutoring session. All questions welcome!



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

(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

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. This library is managed by volunteer librarians.

Friendship Tea

1st & 3rd Tue

10:30-12:00pm

Location: Education Room

“A cup of tea shared with a friend is happiness tasted and time well spent” – Anonymous.

Contact: Connie Johnson
(360) 502-3361

Turning Pages Book Club

1st Wed

2:30-3:30pm

Location: Jensen Room

(Continued on page 16)

(Continued from page 15)

Get Active Exercise & Fitness



Yang Style Tai Chi

Every Wed

2:00-3:00pm

Location: Sundin Room

Yang Style Tai Chi

Every Fri

11:00-12:00pm

Location: Education Room

Tai Chi is great for balance and studies have shown that it helps with memory and is good for people with Parkinsons.

Instructor: Tom Hiegler

(360) 420-3426

LIFT

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

LIFT (Weight Conditioning)

12-class punch card \$84. A 12-class punch card for Camano

Center Members is \$75. Drop-in fee \$12 per class.

Instructor: Carol Pope

(425) 344-9505

Pilates/Yoga Fusion

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

12-class punch card \$84. A 12-class punch card for Camano

Center Members is \$75. Drop-in fee \$12 per class.

Instructor: Carol Pope

(425) 344-9505

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

Every Mon/Wed/Fri

4/01/24-12/30/24

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

4/01/24-12/31/24

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

4/01/24-12/30/24

10:00-11:00am

Location: Sundin Room

Class is currently at capacity.

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



SOCIAL DANCE SIMPLIFIED **LINE DANCE CLASS**

\$10 per person / \$8 Camano Center Members

**Class is held at the Camano Center
Wednesday 3-3:45 p.m.**

**Kari Dzewiontkoski has been teaching folks to dance
for over 20 years. You're in good hands!**



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

Every Tue/Thu

4/02/24-12/31/24

9:15-10:15am

Location: Sundin Room

Class is currently at capacity.

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

Every Tue/Thu

4/02/24-12/31/24

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

4/02/24-12/31/24

11:15-12:15pm

Location: Sundin Room

Class is currently at capacity.

Line dancing class

Every Wed

3:00-4:00pm

Location: Sundin Room

At our Line Dancing Lessons, we're

all about fun and fitness rolled into one awesome experience!

Instructor: Kari Dzewiontkoski

\$10/\$8 Camano Center Members

Get Vocal Music Makers

Camano Ukulele Ensemble

Every Mon

1:00-3:00pm

Location: Craft Room

Contact: Val Schroeder

(360) 387-2236. Participation is free to Camano Center Members.

Beginning Ukulele

Every Tue

12:30-2:00pm

Discover the joy of ukulele playing. Current session under way. Contact Ellen Suffern if you are interested in future classes.
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.



What's Age Got to Do With It?

Toss a Tomato At It



“Did You Ever Have to Make Up Your Mind?”

Song by The Lovin' Spoonful

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

Did you ever have to make up your mind?

Pick up on one and leave the other one behind

It's not often easy, and not often kind

Did you ever have to make up your mind?

Did you ever have to finally decide?

Say yes to one and let the other one ride

There's so many changes, and tears you must hide

Did you ever have to finally decide?

So, one evening sometime later, while waiting through a seemingly endless string of muted commercials, I happened to pick up a workbook from the aforementioned AMP class and flip through it to fill the time. In doing so, I came across another idea to keep from letting huge tasks overwhelm us.

The title, “Toss a Tomato at It,” caught my fancy. It described a

technique developed by a man, Francesco Cirillo, who either really knew his kitchen gadgets, or had a wife who’s been looking for her tomato-shaped timer for some time now.



Even though it might sound like you’ll need to go out and buy a new timer every time you try this method of managing tasks, it’s really not as potentially violent as it sounds.

The idea is to work in 25-minute focused blocks, then stop working and take a 5-minute break when the timer goes off. Repeat this until the task is finished, or you’ve had enough for the day (four blocks, or “Pomodori,” followed by an extended break to reenergize are recommended, but you can set the timer for whatever length of time suits you). What it does is trick your brain into not feeling overwhelmed by the seemingly

“Get Organized”

<https://www.youtube.com/watch?v=UfwHQyauLs4>



Last month, this column was devoted to exploring some approaches to getting things done without becoming totally overwhelmed. It was inspired by some of the ideas I’d discovered in a recent Aging Mastery Program workshop, “Rightsizing Your Life.” Seemed pertinent, because I know so many of us feel like this when we think of trying to tackle a daunting task:



endless pile of stuff to make decisions over, because it can see (hear?) the finish line “ticking closer” as you work.

Turns out, this technique is so popular all over the world that there are apps and browser extensions (whatever they are) to help you break down huge tasks into smaller “bite sized” pieces (not necessarily tomato shaped nor tasted).

I am by no means an expert in either finding apps nor downloading them, but I did find a video you might want to take a look at. Myself, I just set a timer (mine’s shaped like a chicken) and get to it.

[https://coltandwillow.com/blogs/news/cleaning-with-the-pomodoro-technique#:~:text=1%20%2D%20Decide%20first%20on%20the,break%20\(typically%205%20minutes\)](https://coltandwillow.com/blogs/news/cleaning-with-the-pomodoro-technique#:~:text=1%20%2D%20Decide%20first%20on%20the,break%20(typically%205%20minutes))

Well, I’ve been focused on writing this article for about 25 minutes so far today, and my coffee is cold, so I guess it’s time for a break. Actually, since this is probably my third or fourth Pomodori devoted to the task, maybe it’s time for an extended break.



Until next time, do keep this in mind...

“That’s the Way it Is”

<https://www.youtube.com/watch?v=T6wbugWrfLU>

*Connie Johnson
Board Member*

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