



CamanoCenter
Get connected.

If you are ready to volunteer, sign up below.
You may contact Lisa Brents (360) 387-0222
or lbrents@camanocenter.org for
more information.

[Sign Up Here](#)

May Highlights

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2024 Volunteer Appreciation
Munch & Mingle



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

Elaine Traversi | Hospitality Coordinator

Tina Dinzi-Pederson | OFC Program Coordinator

Cheryll Davis | OFC Program Assistant

Christine Longdon | 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

March 11-April 10

APPRECIATION

Fran Anderson—SAIL
Anonymous—Coffee Connection
Anonymous—Covid Tests
Anonymous—Notary
Anonymous—Friendship Tea
Anonymous—2nd Chance
Anonymous—Friendship Tea
Thrift Shop
Anonymous—2nd Chance
Thrift Shop
Pat Colvard—AARP Tax Service
Jane DeLashmutt—Medical Rides
Pat Gordon—Medical Rides
Marilyn & Walter Grosjean—
AARP Tax Service
Joe Karr—Medical Rides

GENERAL

Ginny Berube
Wayne and Carol Bingham
Pat Clark and Carol Hoeksema
Vincent and Amber Ferrese
Marilyn and Walter Grosjean
Linda and John, Jr. Hadley
Connie and Nick Johnson
Anonymous
Mark and Kelly Kraus
Murl and Karen Leibrecht
Luci Morgan
Joan Ritzenthaler
Betsy Shields
Duane Simshauser
Phil and Candy Trautman
Walter Ulness



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: Debra Rivas Corlis, Randy Corlis, Sophie Kilby, Gordon Geary, Ricki Geary, Patty Pride **Front Row:** Jeannie King, Sandra Starkey, Beverly DeRooy, Burt Pride, Barbara Syrnyk

**CAMANO SENIOR SERVICES
ASSOCIATION**

**ANNUAL
MEMBERSHIP MEETING**

"Get Connected"



CamanoCenter
Get connected.



TUESDAY, JULY 23

Members have the opportunity to:

- Meet the board of directors that govern our organization.
- Ask questions and offer comments.
- Vote on items of importance to our organization.

3:00 PM

**MEMBERS IN GOOD STANDING ARE
ENCOURAGED TO ATTEND!**

Need to renew your membership? We can help!

BUSINESS MEMBERS

Please Support these Businesses who Support the Camano Center



Connect with the Community & Support the Camano Center

Non-Profit Business Member Highlight



FRIENDS OF CAMANO ISLAND PARKS

Shining the spotlight on FOCIP (Friends of Camano Island Parks) as one of our non-profit business members!

Their tireless efforts in preserving and enhancing our island's natural spaces are truly commendable. Thank you for your invaluable contributions to the Camano Island community, including the beautiful grounds of the Camano Center!

[Join Us and Sign Up Today! Business Membership Form](#)

[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](#)

[Elite Interiors & Design, LLC](#)

[Enviro-Con Landscaping Materials, LLC](#)

[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](#)

[Land Title and Escrow](#)

[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](#)

[Shoebox Baking Company](#)

[Social Dance Simplified](#)

[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.](#)

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



Gala LIVE Auction Donation Wish List

Unique Experiences

- Vacation Home or Timeshares
- Frequent Flyer Miles
- Dinner Party or BBQ
- Lesson or Session with Professional
- Fly Over
- Luxury or Classic Car Rental/Lease
- Boat and Whale Tours

Home & Garden

- Outdoor Furnishings/Décor
- Interior Design Services
- Cleaning Services
- Painting/Roofing Services
- Landscape Materials & Garden Help

Sports & Equipment

- Electric Bikes
- Autographed Sports Memorabilia
- Tickets to Sporting Events (Kraken, Seahawks, Mariners, Sounders, Storm)

Dining & Entertainment

- Restaurant Gift Certificates
- Hotel Gift Certificates
- Theater or Concert Tickets
- Local Adventures

Personal Items

- Beauty or Spa Certificates
- Boutique Gift Certificates
- Pet Services
- Floral/Bouquet Deliveries

Meet the Staff

Linda White



This month I'd like to celebrate Linda White, who retired from the Hospitality Coordinator position in April after working with us since 2015. She has held this position with us for the past couple years, helping the community find space at our

facility to rent for meetings, weddings, memorials, parties, and events.

Prior to taking on the rental responsibilities, Linda worked in our Catering department for several years and bartended many events.

Linda came to the Center as a volunteer, after retiring from Haggen Foods where she worked as a cashier and cake decorator since 1975. She moved to Camano Island in 2013 and began volunteering with us.

With her free time now, Linda will be very busy spending time with her family, her garden and her chickens! She is very active in her book club and has many friends and neighbors to keep her active. We will miss her tremendously, but know she will be a part of the Camano Center family forever!

Thank you for all you have given to us at the Center Linda!

*Bonnie Eckley,
Executive Director*



Linda bartending one of our past events with Sandy Stein.



IMPORTANT REMINDER

The Camano Center will be closed from Monday, June 17 through Friday, June 21 for a scheduled maintenance week.

We will reopen on Monday, June 24.

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





Snow Goose Transit *Connecting Older Adults*

Snow Goose Transit is a “flex route” service. A flex route service allows us to pick people up from their front door, if you have mobility issues. The deviation request must be scheduled 48 hours in advanced.

You can schedule a deviation by contacting their office at (360) 629-7403 ext. 101 between 8:00 am and 5:00 pm (Mon-Fri). The buses have room for several passengers and two wheelchairs. Service is provided to Camano Island, Stanwood, Angel of the Winds Casino, Arlington, and Smokey Point.

Ensure Plus *Liquid Nutritional Supplements*

Eligibility

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

Cost

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

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.

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 or to view the list. It is available in person at the Camano Center front desk Monday through Friday 9am–4pm.



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.

May Lunch Entrée

1	Wed	Chicken Alfredo w/Pasta
3	Fri	Italian Sub Sandwich
6	Mon	Chicken & Spinach Pesto
8	Wed	Fish Sandwich
10	Fri	Taco Salad w/Ground Beef
13	Mon	Creamy Mac & Cheese
15	Wed	Swedish Meatballs w/Gravy
17	Fri	Chicken Salad on Croissant
20	Mon	Sweet & Sour Pork
22	Wed	Cheeseburger on Bun
24	Fri	Asian Chicken Salad
27	Mon	Memorial Day—Meal Site Closed
29	Wed	Pork Loin w/Gravy
31	Fri	Spaghetti w/Ground Beef



**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, Harrilee Behrbaum

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**



2024 SENIOR FARMERS MARKET DEBIT CARDS



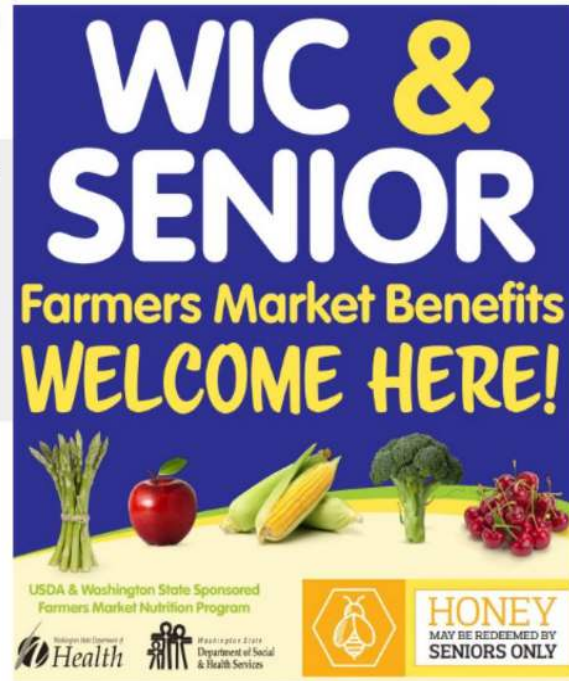
You are eligible if you meet all three of the following:

1. You are a senior, 60+ years old or 55+ if you are Native American
2. A Washington State Resident
3. Income is \$2322 or less per month for one person or Income is \$3151 or less per month for a couple.

If eligible, you will receive \$80 worth of produce for the market season. Debit cards are valid June 1 - October 31.

Limited supply. Apply soon.

APPLICATIONS ARE AVAILABLE AT THE CAMANO CENTER



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:



Josephine
Caring Community
One Heart. Many Hands.



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.





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 News

Launching of Tuesday session

Old Friends Club, a social model day respite program and a place of friendship and belonging for those living with dementia, is now being offered every Tuesday and Thursday from 9:30-2:30. April 16th marked our first Tuesday group and we had a great time in conversation, painting, listening to live acoustic music and working on a take-home project planting sedum in tiered containers. Although our Thursday Old Friends Club group is now full, we do still have space available in our Tuesday session. The goal of an additional day of programming is twofold: provide an optional second day for current attendees and create availability for new clients who want a single day a week. 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.

Garden Project

Paul and Kim Richer of Camano Island generously reached out to our staff about donating three raised beds to our Club. We gladly accepted and coordinated with Cathryn Hodl, our lead grounds volunteer, about placement and logistics of setting up

our new garden space. We chose an area that provided waist height garden bed access with plenty of sun and access to water. Staff members Steve Sanchez, Tina Dinzl-Pederson and Tom Clark joined Cathryn Hodl in receiving the soil delivery from Enviro Con and getting it shoveled into our new garden beds. Thank you to Enviro Con for agreeing to give us the soil in exchange for a business membership to the Camano Center and for Paul and Kim for your garden bed donation!

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

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



Steve Sanchez, Cathryn Hodl, Tom Clark, and Tina Dinzl-Pederson help receive the soil. Steve used his bobcat to place soil in donated garden beds.



Walt Nicholas planting zinnias in the new bed and Leslie Hyko checking on the seeds.

Are you a FAMILY CAREGIVER?

ROSALYNN **FOR**
CARTER **CAREGIVERS**
INSTITUTE



CamanoCenter
Get connected.



Health Navigating

DATE:

Friday, May 17th 2024

TIME:

1:00 PM -5:00 PM

PLACE:

Camano Center
606 Arrowhead Road
Camano Island, WA
360-387-0222
www.camano-center.org

HOW TO SIGN UP:

Call 360-387-0222 to register

Sign up today for your **FREE** Dealing with Dementia Workshop

DO YOU NEED HELP IN THESE AREAS?

- ◇ Understanding Dementia
- ◇ Managing Problem Behaviors
- ◇ Handling Stress
- ◇ Finding Time for You



Attend the 4-hour class and receive Guidebook.

"I wish this guide and training had been available when I was caring for my mother with vascular dementia. Following the suggestions in this guide book will make a BIG difference for the caregiver and the person receiving care." ~ Family Caregiver

PRE-REGISTRATION IS REQUIRED. To reserve your spot, please contact:

Camano Center at 360-387-0222

**Seating is limited to 20 individuals; 24-48 hour notice to cancel is appreciated.*

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
8:00-11:00am
Location: Craft Room

Paint Group 2

Every Fri
12:30-3:30pm
Location: Craft Room

Paint Group 1 & 2 are an all-medium paint community.

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

Mending Hearts Quilting Group

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

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

Needle Works

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



We Have Quilters
at the
Camano Center

Mending Hearts Quilting Group
1st & 3rd Monday 8 AM - 12 PM
Contact: Joan Huehnerhoff (425) 754-6620

Hero Quilters
3rd Wednesday 10:30 AM - 3 PM
Contact: Sharon Szekely sharonsseams2be@yahoo.com

Free to Camano Center Members



Duplicate Bridge

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

Get Smart

Computer & Phone Help

Macbook and iPad/iPhone

Tutoring

1st Fri
10:00-11:30am
Location: Library
Need help using your Mac laptop, iPad or iPhone? Joyce Lukaczer is offering help the first Friday of the month. Sign up at the front desk for a 30-minute private Q&A / tutoring session at the Camano Center. All questions welcome! Sign up at the front desk and please plan to come to your session with a list of 3-4 questions and your Apple device.

Tech Tips

Every Tue
10:00-12:00pm
Location: Library
Wanda Hill is here to offer help you learn more about your Windows operating system, MS Word, Excel, and Outlook. General questions welcome. Sorry no phones or Apple devices. Sign up at the front desk and remember to bring your laptop.

Get Strategic

Cards & Games

Mah Jongg

Every Mon
9:00-12:00pm
Location: Education Room
Mah Jongg is a game of skill, strategy and luck and is a lot of fun.
Contact: Melinda Brown
(360) 387-2940

Pinochle

Every Mon
12:30-3:30pm
Location: Education Room
Pinochle is a fast-paced game that can provide hours of fun!
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

Get Curious

Special Interest

Camano Center Lending Library

All Weekdays
8:00-4:00pm
Location: Library
We feature an honor system lending library. Find a book and take it home. Bring it back when you are finished.

Turning Pages 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

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) 652-7211

Full of Words - A Writing Circle at the Camano Center

Every Thu
5/09/24-6/13/24
12:00-1:30pm
Location: Conference Room
Starts May 9 and meets for 6 weeks. Free to Camano Center Members. Space is limited to 7 writers. Sign up at the front desk.
Contact: Joyce Lukaczer
fact@msdeadlines.com.

(Continued on page 16)

(Continued from page 15)

Get Active Exercise & Fitness



SAIL is a strength, balance, flexibility fitness program for adults 65+. The class is one hour long. Visit the Camano Center for complete program information and an update on class vacancies.

[\(8 A.M.\) Stay Active And Independent For Life \(SAIL\)](#)

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.

[LIFT](#)

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

Instructor: Carol Pope

(425) 344-9505

12-class punch card

\$84/\$75 Camano Center Members

Drop in fee \$12

[Pilates/Yoga Fusion](#)

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

Instructor: Carol Pope

(425) 344-9505

12-class punch card

\$84/\$75 Camano Center Members

Drop in fee \$12

(Continued on page 17)

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.

Friday 11am - 12pm

Instructor: Tom Hiegler





(Continued from page 16)

Line dancing class

Every Wed

3:00-4:00pm

Location: Sundin Room

Ready to kick up your heels and join the dance floor? At our Line Dancing Lessons, we're all about fun and fitness rolled into one awesome experience!

No need to bring a partner.

\$10/\$8 Camano Center Members

Yang Style Tai Chi

Every Fri

11:00-12:00pm

Location: Education Room

Yang Style Tai Chi Standing and seated Tai Chi in the same class. Simple movements coupled with intentional breathing called Qi Gong. Great for balance. Studies have shown that it helps with memory. Good for people with Parkinson's.

Get Vocal *Music Makers*

Country Western Music Group

Every Fri

1:00-3:45pm

Location: Education Room

Mostly western classics, cowboy, and similar classic folk. All acoustic, except for the basses.

Come to the Camano Center. Once you start you can be on an email contact list.

Camano Ukulele Ensemble

Every Mon

1:00-3:00pm

Location: Craft Room

Contact: Val Schroeder

(360) 387-2236

Acoustic Music Group

Every Tue

1:00-3:15pm

Location: Jensen Room

Soft/light rock & roll, Folk tunes, Blue Grass, Country, Show Tunes, Jazz, Hawaiian, Easy Listening and Classical.

Contact: Robin Widoff

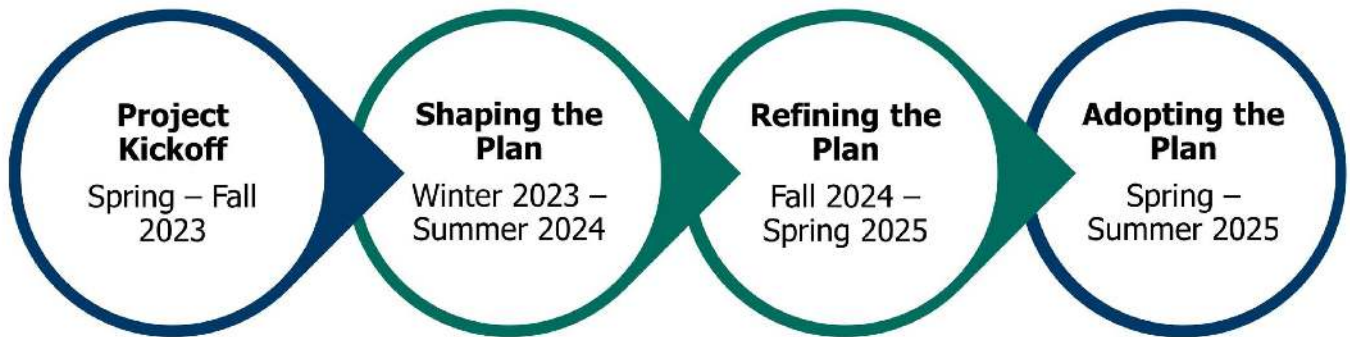
(707) 312-1112





Island County Comprehensive Plan Update

Island County is updating our comprehensive plan to guide growth in the county over the next 20 years. During an update, the public can provide input on how and where growth should occur, and how their community may look in the future.



Interested in submitting a comment, taking surveys, and learning more about the comprehensive plan update? Visit our online engagement website using the QR code or URL below.



www.islandcounty2045.com

For questions or assistance, contact Planning & Community Development at CompPlan@islandcountywa.gov

Travel Talk is Back!



Do you enjoy sharing your travel experiences or hearing from others of their travel adventures? Or enjoy travel vicariously? Each month at Travel Talk we will have a slideshow presentation of

someone's travels - perhaps a cruise, or a tour in Europe, or exploring some exotic place. Absolutely no sales pitches or promotions, just travel fun!

Travel Talk meets the 2nd Friday of the month 10 am—12:00 pm. Camano Center members free, non-members \$5 payable at the front desk at check in.

Our first meeting on May 10 will be a presentation on travels to Slovenia, Croatia and Bosnia on the Adriatic Sea.

Questions or if interested in presenting one of your trips, contact Mark Kraus at (425) 503-9072.

Remember How Fun Tennis Was!



Free tennis drills to enhance your skills or get back in the game are being offered for those of you who are playing tennis currently or have played tennis in the past and want to start again.

The tennis drills will be offered once a week from 9 am—11 am on Fridays.

Come and try it out and start playing tennis again. The court is privately owned, and the owner allows others to use it. The location of the court will be given to those who are truly interested.

There is no cost to participate.

For more information, email:

Mark Hinchon hinchonmark@gmail.com or
Suzanne Gagnet sgagnet04@gmail.com.

Camano Center - Dementia Friends Information Sessions

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, Dementia Friends helps communities across the world understand what dementia is and how it affects people. Dementia Friends Washington, led by the UW Memory and Brain Wellness Center, is working to coordinate this educational effort in Washington State.

What does it mean to be a Dementia Friend?

Anyone can become a Dementia Friend! You are a Dementia Friend after you attend a Dementia Friends Information Session. At the information session, you learn more about five key messages about dementia

so that you can share with others. You'll also learn communication tips and strategies, what dementia is (and the most common type), and resources and support. Each attendee is invited to commit to a small action step to support people living with dementia in our community - such as being more patient, taking a meal to a caregiver, or driving a friend to a doctor's appointment.

The Camano Center will be hosting a Dementia Friends Information Session this summer (date to be determined). If you are interested in hosting a Dementia Friends Information Session for your neighborhood association, service group or other organization please contact Karen or Tina at the Camano Center:

kconway@camanocenter.org or
tdinzlpederson@camanocenter.org

or call (360) 387-0222

What's Age Got to Do With It?

Whatever Happened to the "Golden Rule"?

Relaxing Guitar Music – Wonderful World & others

https://www.youtube.com/watch?v=Em1F_xNLr_0

Even as wisdom often comes from the moths of babes, so does it often come from the mouths of old people. The golden rule is to test everything in the light of reason and experience, no matter from where it comes. —Mahatma Gandhi

Today's news is so full of anger and hate and cruelty that I often find myself wondering what ever happened to some of the core ideals we used to share. Common sayings reminded us to be true to what really matters, to expect decent, honorable behavior from ourselves and our fellow humans. Sure, there were rotten people out there – always have been, always will be - but we knew they were wrong, and expected better of ourselves.

That got me thinking about some of the sayings that kept us aware of what we should always be striving for in our personal and communal behavior. One in particular came to mind that encompasses all the best of the rest - the "Golden Rule".

Kids singing about the Golden Rule
- HOPE

<https://www.youtube.com/watch?app=desktop&v=jio0NrIpEkc>

It was everywhere. It was baked into our consciences, our national rhetoric, our organizations, our movies, radio, and tv shows. Not that any of us managed to follow it every day in every way, but it was an ideal to strive for, and measure ourselves and others against.

The wording that echoes in my mind is the one probably most familiar to many of us, "Do unto others as you would have them do unto you." What's so wonderful about it is its universality. As a voice from our childhood noted...

My philosophy is to do the best you can for somebody. Help. It's not just what do you for yourself, it's how you treat people decently. The golden rule. There isn't big anything better than the golden rule. It's in every major religion in one language or another. —Art Linkletter

BUDDHISM: Hurt not others with that which pains yourself.

HINDUISM: Treat others as you would yourself be treated.

ISLAM: Do unto all men as you would wish to have done unto you.

JUDAISM: What you yourself hate, do to no man.



NATIVE AMERICAN: Live in harmony, for we are all related.

SACRED EARTH: Do as you will, as long as you harm no one.

BAHA'I FAITH: And if thine eyes be turned towards justice, choose thou for thy neighbour that which thou chooseth for thyself.

I'm reminded of what I learned about the founder of a company I worked for in my young adulthood, James C. Penny. He started out working in a "Golden Rule" store early last century, did well, and started buying up more and more of those stores, all with the Golden Rule as their guiding principle. I actually came across an employee handbook for JC Penny's from the 1920's that taught the sales staff to follow that precept in all of their dealings with customers.

In short, "Treat others as you would like to be treated yourself." Here's how he put it:

I cannot remember a time when the Golden Rule was not my motto and precept, the torch that guided my footsteps.—James Cash Penney

<https://fs.blog/james-cash-penney-and-the-golden-rule/>

Talk about words to live by! If only more people would take that message to heart, what a wonderful world this would be! Don't you agree?

Louis Armstrong – "What a Wonderful World"

<https://www.youtube.com/watch?v=VqhCQZaH4Vs>



Compassion is aptly summed up in the Golden Rule, which asks us to look into our own hearts, discover what gives us pain, and then refuse, under any circumstance whatsoever, to inflict that pain on anybody else. Compassion can be defined, therefore, as an attitude of principled, consistent altruism.—Karen Armstrong

So, how can we do this? 18 Practical Tips for Living the Golden Rule <https://zenhabits.net/18-practical-tips-for-living-the-golden-rule/>

Just try to keep this in mind when people don't respond in kind...

Nothing in the Golden Rule says that others will treat us as we have treated them. It only says that we must treat others in a way that we would want to be treated.—Rosa Parks

The Golden Rule - Official Release by Rocky Michaels <https://www.youtube.com/watch?v=aKM8D9rlfdQ>

Connie Johnson
CSSA Board Member

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Our Values

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

Our Vision

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

Our Mission

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

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