

## The Wonderland Gala



SEPTEMBER 28, 2024  
18TH ANNUAL GALA AUCTION  
BENEFITING THE CAMANO CENTER

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2nd Chance Thrift Shop  
Everything Christmas Sale

## September Highlights

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**CamanoCenter**  
*Get connected.*

[camanocenter.org](http://camanocenter.org)

## 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

Kathy Sanchez President

Larry Carlstrom | Vice-President

Shirley Swanson | Treasurer

Connie Johnson | Secretary

Paul Foster

Linda Hadley

Jeff Highland

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 Moon | Thrift Shop Supervisor

Nicole Conover | Assistant Thrift Shop Supervisor

John Cross | Thrift Shop Receiving

Steve Sanchez | 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

July 11– August 10

## Appreciation

Anonymous—Donors 2nd Chance Thrift Shop Customers  
Glenda Brown—Iris Bulbs  
Jo Anne Burklund—Medical Rides  
Mary Burns—SAIL Program  
Mike O'Brien & Patricia Hofmann—Medical Rides  
Carolyn Klismith—Old Friends Club  
Marcia Smallman—Medical Rides

## Gala Auction

Leslie Tripp, State Farm Insurance

## General

Judy Byrum  
Oren and Gay Campbell  
Bonnie and Richard Cavell  
Pat Clark and Carol Hoeksema  
Sandra Clemetson  
Dwain Colby  
Robin and Glen Elder  
Vincent and Amber Ferrese  
Marilyn and Walter Grosjean  
Connie and Nick Johnson  
Jill Johnstone

Donna and Daniel Joudrey  
Anonymous Donor  
Tiffany Lucus  
Betsy Shields  
Duane Simshauser  
Tim and Kirsten Spencer  
John Amell and Janet St Clair  
Phil and Candy Trautman

## In Memory

Linda & John Hadley  
—Rick Clendenen  
  
Linda & John Hadley  
—Dr. Peter Domoto  
  
Linda & John Hadley  
—Claire & Matt Dorsett  
  
Barbie Whisler  
—Ben Whisler  
  
**Restricted**  
Cathryn Hodl  
—Grounds Maintenance

## 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 Juliane Abbott for more information.

[jabbott@camanocenter.org](mailto:jabbott@camanocenter.org)



Left to Right: Glenda Brown, Steve Hawley, Carol Lombard, Ann Lowell, Susan Kidd, Walter Kidd, Anne Williams (Not Pictured: Jo Wright)



# The Wonderland Gala

## 18TH ANNUAL GALA AUCTION

September 28, 2024  
5:30 pm

BENEFITING THE  
CAMANO CENTER

Tickets on sale 9.3.24  
[www.camanocenter.org/gala](http://www.camanocenter.org/gala)



## Wonderland Gala Donation Wish List



Would you like to help us with a wonderful auction item? Here are some ideas for items we would love to have to bid on!



- Electric Bikes
- Seahawks Tickets
- Frequent Flyer Miles/Airline Tickets
- Beauty or Spa Certificates or Services
- Floral/Bouquet Delivery Services
- Local Dining Certificates
- Local Activities
- Vacation Home or Timeshares
- Dinner Party or BBQ
- Lesson or Session with Professional
- Luxury or Classic Car Rental/Lease
- Boat and Whale Tours
- Cleaning Services
- Painting/Roofing Services
- Landscape Materials & Garden Help

Please contact Cindy at [chand@camanocenter.org](mailto:chand@camanocenter.org)



# Gala Auction Dessert Dash

**Seeking Fabulous Dessert  
Donations for the Camano Center's  
18th Annual Gala Auction 9.28.24**

Please contact  
Debbie Martin at  
[debra.kay.martin@gmail.com](mailto:debra.kay.martin@gmail.com)  
or call 360-387-0222 for more  
information

## Camano Center Coffee Connection

Members can connect and enjoy free coffee at the Camano Center Monday through Friday 9am until 2pm.

Stop by and relax in our 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.*





REGIONWIDE EVENT

# Spaghetti Dinner FUNDRAISER

*Celebrating National Senior Center Month*

**TICKETS ARE FREE!**

RSVP TO THE CENTER  
OF YOUR CHOICE



**THIS EVENT IS A  
FUNDRAISER- PLEASE  
COME PREPARED TO  
MAKE A DONATION  
TO SUPPORT THE  
PROGRAMS OF YOUR  
CENTER.**

**THANK YOU!**

## FIND YOUR LOCAL CENTER



MARYSVILLE PARKS,  
CULTURE AND RECREATION  
360-363-8400  
WEDNESDAY SEPT 11 12:00PM



CamanoCenter  
and beyond

CAMANO  
CENTER  
360-387-0222  
THURSDAY SEPT 12 12:00PM



CASCADE  
SENIOR CENTER  
360-436-0646  
FRIDAY SEPT 13 4:30PM



LAKE STEVENS  
SENIOR CENTER  
425-335-0345  
MONDAY SEPT 16 5:00PM



LYNNWOOD  
WASHINGTON  
A great deal more

LYNNWOOD  
SENIOR CENTER  
425-670-5050  
WEDNESDAY SEPT 18 5:00PM



EDMONDS  
Waterfront Center  
Connecting & Enriching Our Community

EDMONDS WATERFRONT  
CENTER  
425-774-5555  
FRIDAY SEPT 20 12:00PM



MONROE COMMUNITY  
SENIOR CENTER  
360-794-6359  
FRIDAY SEPT 20 5:00PM



STILLY VALLEY CENTER

STILLY VALLEY  
CENTER  
360-653-4551  
THURSDAY SEPT 26 4:00PM



SNOHOMISH SENIOR CENTER  
HAPPY PLACE  
EST. 1987 | WASHINGTON

SNOHOMISH  
SENIOR CENTER  
360-568-0934  
THURSDAY SEPT 26 4:30PM



LINCOLN HILL  
SENIOR CENTER

LINCOLN HILL  
CENTER  
360-629-7403  
FRIDAY SEPT 27 5:00PM



SKY VALLEY  
CENTER  
(360) 793-2400  
SATURDAY OCT 19 4:30PM

# Message From Your Board President

## Meet Kathy Sanchez



As I step into the role of board president this year, I look forward to sharing a few of my thoughts with you!

I've been reflecting on my association with the Camano Center and what it has meant to me over the

last several years, and why I feel such a deep sense of gratitude!

My husband, Steve and I moved to Camano Island in December 2015. We did not know anyone, and we had no idea how we might begin to develop our "sense of being" in this new place! Where would we start?! It was only shortly after we arrived, that we met an individual, who is also a mutual friend of a dear friend of ours in Montana, where we'd relocated from- (small world, right?!) This individual introduced us to the "gem" we all know as the Camano Center!

We were surprised to learn all that the Camano Center had to offer to its community and how we could become involved. It wasn't long, and we knew the Camano Center was the place for us, where we could engage with others, make new friends and start to make a difference in our community!

Getting started and volunteering for us was easy, because we could participate in and support programs and causes that are close to us, personally (with the experiences of our own family members), and because we are passionate about them! And, for me, I love knowing I am *servicing with purpose!* For myself and so many others who volunteer at the Camano Center and 2<sup>nd</sup> Chance Thrift Shop, it is truly gratifying

to not only know, but also see that what you do truly makes a difference in someone's life. I've heard countless stories and have seen for myself how people are receiving the gift of the many services the Center provides. It is extraordinary the number of times in a day or month, the doors of the Camano Center open, and someone is walking through, only to leave better off than when they arrived. This is so very heartwarming, to say the least!

A little research tells us, it's no secret that volunteering has many benefits, not only for an organization, but for individuals, themselves. Volunteering helps us meet new friends and nurture new and existing relationships. It provides a sense of purpose and often teaches valuable skills.

The interaction among volunteers and employees within an organization has shown to have a positive effect on our physical and mental health and can help combat stress, loneliness, and depression. It's no wonder volunteers love the Center as much as we love them!

I would like to thank all of our many volunteers, who generously and, with a spirit of selflessness give of their time, skills and resources to support the mission of the Camano Center. Your impact is significant and helps enrich the organization's ability to thrive and endure!

If you would like to explore the volunteer opportunities available at the Camano Center or 2<sup>nd</sup> Chance Thrift Shop, I invite you to please contact the Camano Center today! We'd love to hear from you!

*Kathy Sanchez,  
Board President*

# Programs, Services & Partnerships Helping Older Adults

## *Stanwood Camano Food Bank*

27030 102nd Ave NW, Stanwood

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.

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.

Senior Serve is a free appointment-based food distribution for anyone in need of food age 60+. There are open for Senior Serve every Thursday from 11am-12pm. Appointments are required for shopping at Senior Serve. Click [here](#) to make an appointment to shop!

## 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 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> 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**





# September is Falls Prevention Awareness Month!

## Did you know that falling is NOT a normal part of aging?

The Camano Center is committed to empowering older adults on Camano to age well and stay falls free. We are partnering with the National Council on Aging (NCOA) to mark **Falls Prevention Awareness Week (September 23-27) with an entire month focused on falls prevention!**

## Celebrating the 1,000<sup>th</sup> SAIL class!

Camano Center proudly announces the completion of over 1,000 SAIL (Stay Active and Independent for Life) fall prevention exercise classes! Over 150 community members are currently enrolled in the classes and hundreds have actively participated in the classes since the inception of the program in 2022. Traci Smith, fitness instructor at the Camano Center, will be celebrating this milestone in class with her students the first week of September.



## Falls Prevention Mini-Workshop

**Wednesday, September 18<sup>th</sup>, 1:30-2:30**, Join Senior Fitness Specialist and Camano Center SAIL instructor, Traci Smith, for this comprehensive presentation on fall prevention including:

The importance of safely maintaining your independence as you age

- Tips on preventing falls during daily activities and in your home
- Tips on how to get up if you do fall
- Exercise demonstration for at-home training to increase your balance, strength, and flexibility (and lower your risk of falling)
- Take-home fall risk assessment information and checklists
- Time for your specific questions
- Other local resources on fall prevention will be available

**Please RSVP for this workshop by calling 360-387-0222**

## Fall Prevention Take Home Gift

Monday, September 23—Wednesday, September 25, stop by the Camano Center to pick up a free night light or grip socks (while supplies last) to help you stay safe at home.

**All month long, fill out a quick fall prevention checklist at the Camano Center and be entered into a raffle drawing for a set of Carbon Fiber Trekking Pole/Walking Sticks!**

**The drawing will be held on Wednesday, September 25th.**



## 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.





**Monday, Wednesday & Friday  
Community Lunch is prepared  
by Island Senior Resources in  
partnership with the  
Camano Center.**



**Meals on Wheels  
Information**

Nutritious, well-balanced meals (that meet 1/3 of daily nutritional requirements for older adults) delivered to your home at noon by friendly volunteers. Provides essential human connection.

Client wellness checks provide information, resources, and a sense of security for family and loved ones.

For short-term and long-term needs. Delicious, healthy meals; most meals made from scratch; sugar free and gluten free meals available.

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.

Meals are provided “by-donation” and clients pay what they can.

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](mailto:camanokitchen@islandseniorservices.org)

Call Monday, Wednesday or Friday by 10 a.m. for Meals on Wheels changes or for meals to go.

If you would like more information on the Meals on Wheels program or to sign up for the first time, call Emily MacCormick, Meals on Wheels Assessor at (360) 672-6416.

Community Lunch is served Monday, Wednesday & Friday. Please be seated by 11:45 a.m.

**September Lunch Entrée**

2	Mon	Meal Site Closed
4	Wed	Chicken Pesto Tortellini
6	Fri	Chef Salad w/ Turkey & Ham
9	Mon	Beef, Bean & Cheese Burrito
11	Wed	Sliced Turkey w/Cranberry Sauce
13	Fri	Ham & Cheddar on Croissant
16	Mon	Creamy Scrambled Eggs
18	Wed	Ham & Scalloped Potatoes
20	Fri	Greek Salad w/Olives & Feta
23	Mon	Sweet & Sour Chicken
25	Wed	Crispy Fish & Chips w/Tartar
27	Fri	Asian Chicken Salad (MOW & To-Go orders only. No seated lunch service.)
30	Mon	Meatloaf w/Tomato Topping

# OLD FRIENDS CLUB

The mission of the Old Friends Club is to *cultivate joy* in the lives of adults with cognitive challenges and nourish the well-being of family caregivers.

## Old Friends Club News



Our summer days at Old Friends Club were filled with music, singing and dancing!



We are fortunate to have both regularly scheduled music and guest performances. We have volunteer groups playing country, ukelele, acoustic music of the 50's, 60's and 70's and piano music. Our guests included Harmony NW Chorus a Sweet Adeline group and Ronnda Cadle an accomplished guitarist.



Dancing to the rhythm puts smiles on our faces and we get a great workout!

From sitting and singing, toe tapping to cutting a rug....music adds joy to our days.

Both Tuesday and Thursday Old Friend Club days are currently full. Please complete an Initial Inquiry Form, by clicking [here](#) if you would like to add your name to the waitlist 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](mailto:lbrents@camanocenter.org)



# Join the adventure!

## Build your own playbook for aging well

**The Aging Mastery Program** is a fun, innovative 10-week program that empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. The program is being offered at the Camano Center this fall!

Classes will be held Fridays  
**October 4 - December 13**

**10:00 a.m.-11:30 a.m.**

at the Camano Center  
606 Arrowhead Road  
Register [here](#) or

Call 360-387-0222 to register.  
Cost per person for 10-week  
series is \$60.



### Class topics cover:

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



Aging  
**Mastery**



**CamanoCenter**  
Get connected.

# 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.



# Sharing is Caring

## *Caregiver Support Group*



Are you caring for someone with Alzheimer's or other forms of dementia? This support group meets once a month and is a great way to seek support from those who have the same concerns and challenges related to caregiving for someone with cognitive or memory impairment.

The group meets the 3rd Wednesday of the month at 10:30 at the Camano Center. Caregivers may come with or without spouse or partner. There is no cost to participate.

# Aging and Disability Resources for Camano Island

NWRC Aging & Disability Resource Program Specialists provide information, referrals, and assistance in obtaining services that support independence, dignity, and health of older adults and people with disabilities.

Phone (360) 428-1309

Email: [adrccamano@dshs.gov](mailto:adrccamano@dshs.gov)



**Nikki Turner**

**Aging & Disability Resource Program Specialist**

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



# Remembering Ginny Berube

*by Bonnie Eckley & Karen Conway*



For over thirteen years, Ginny Berube supported older adults in our community through her work at the Camano Center as a senior information and assistance, aging and disability, and family caregiver support specialist. Ginny's

passion for helping people and breadth of knowledge was invaluable to our Camano community. She touched many lives during her time at the Center and often worked with clients through some of life's most difficult times. She ran caregiver support groups, facilitated Powerful Tools of Caregiving classes, hosted speakers and workshops, and made in home visits to the far corners of Camano Island.



Once Ginny identified a need in our community, she was quick to brainstorm a new way we could meet that need through a new program, presentation, or service to better support older adults on Camano. Ginny was instrumental in starting the 55+ Resource Fair to help connect our growing senior population to



local resources. She launched the Adult Day Program, a social dementia care day program, in 2013 which continued until the pandemic. She also helped develop the Camano Connections program, a daily social call from a friendly Camano Center volunteer to registered participants experiencing loneliness.

Ginny will be dearly missed by all who had the good fortune of interacting with her; clients, Camano Center members, staff, and me and Bonnie personally. Long into her retirement, Ginny joined the two of us for coffee and mentoring sessions often as we worked our way through new program ideas, collaborations and identifying community needs. She left our Camano Island community a better place and we are so grateful we had the pleasure of knowing her.



# 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 & Paint Group 2

##### All-medium paint community

Contact: Kitty Tanji  
Text (425) 985-1319  
Call (360) 572-4123  
email: [dragoes@me.com](mailto:dragoes@me.com)

#### Paint Group 1

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

#### Paint Group 2

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

#### Needle Works

Every Thu  
9:00-11:00am  
Location: Craft Room  
We quilt, knit, crochet, do embroidery, and more. Contact: Mary Beckham (360) 387-6958

#### Mending Hearts Quilting Group

1st & 3rd Mon  
8:00-12:00pm  
Location: Craft Room  
Open to all crafters. Fabric provided for disaster quilts.  
Contact: Joan Huehnerhoff  
(425) 754-6620

#### Hero Quilters

3rd Wed  
10:30-3:00pm  
Location: Craft Room  
Contact: Sharon Szekely  
[sharonsseams2be@yahoo.com](mailto:sharonsseams2be@yahoo.com).  
Hero Quilters make patriotic quilts for wounded soldiers.

## Cards & Games

### Get Strategic



#### Mah Jongg

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

#### Cribbage

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





(Continued from page 16)

Pinochle

Every Mon

12:30-3:30pm

Location: Education Room

Contact: Mary Rauch

[mjrauch@wavecable.com](mailto:mjrauch@wavecable.com)

(360) 387-1142

Hand & Foot Canasta

Every Wed

12:30-3:30pm

Location: Education Room

Contact: Patt Bass

(415) 283-7929

Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

Contact: Myrna Corcoran

(360) 770-4197

**Get Smart**  
*Computer & Phone Help*

Tech Tips

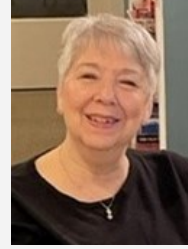
Every Tue

10:00-12:00pm

Location: Library

Instructor:

Wanda Hill



Call the Camano Center (360) 387-0222 or stop at the front desk to schedule an appointment for one-on-one assistance with your laptop. Sorry no Macs or phones.

Macbook and iPad/iPhone

Tutoring

1st & 3rd Wed

1:30-3:00pm

Location: Library

Instructor:

Joyce Lukaczer



Call or stop at the front desk to schedule an appointment with your mac laptop, iPad or iPhone.

**Get Vocal**  
*Music Makers*

Music Group

Every Tue

1:00-3:15pm

Location: Jensen Room

Contact: Robin Widoff  
(707) 312-1112

Cowboys Music Group

Every Fri

1:00-3:45pm

Location: Education Room

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

Camano Ukulele Ensemble

Every Mon

1:00-3:00pm

Location: Craft Room

Contact: Val Schroeder  
(360) 387-2236.

(Continued on page 18)



**ISLAND** writing circle

1st & 3rd Friday  
Beginning September 6  
12:30 pm - 2:30 pm

Contact: Elizabeth Dalton  
[edalton1011@aol.com](mailto:edalton1011@aol.com)

An informal group open to anyone wanting to write as we aspire to write what's important to us individually.

free to camano center members



**Do you like to travel? Do you like to share your travel experiences with others? If you do, then Travel Talk is for you!**

This month we go on a world tour. Come travel the world and see a snapshot of fascinating places through photographs, stories and artifacts from African countries, Tibet, Vietnam, Cambodia, Thailand, Peru and Ecuador.

Free to Camano Center Members.

## **Travel Talk Friday, September 13 at the Camano Center 10 AM - 12 PM**



*(Continued from page 17)*

### Beginning Ukulele

Every Tue

9/10/24-11/19/24

1:00-2:30pm

Location: Education Room

Discover the joy of ukulele playing. Class starting in September. Space is limited. Contact Ellen Suffern if you are interested.

[ellensuffern@wavecable.com](mailto:ellensuffern@wavecable.com)

### Turning Pages Book Club

1st Wed

2:30-3:30pm

Location: Jensen Room

Contact: Janet Penny  
(360) 403-5502

### Island Writing Circle

1st & 3rd Fri

12:30-2:30pm

Location: Jensen Room

Contact: Elizabeth Dalton  
[EDalton1011@aol.com](mailto:EDalton1011@aol.com)

### Travel Talk

2nd Fri

10:00-12:00pm

Location: Jensen Room

Contact: Mark Kraus  
[mark.kraus@outlook.com](mailto:mark.kraus@outlook.com)

### Camano Center Lending Library

All Weekdays

8:00-4:00pm

Location: Library

Camano Center features an honor system lending library. Find a book, puzzle or DVD. Bring it back when you are finished. That's all you have to do.

## **Get Curious Special Interest**

### Friendship Tea

1st & 3rd Tue

10:30-12:00pm

Location: Education Room

Contact: Connie Johnson  
(360) 652-7211





# Get Active

## Exercise & Fitness

### LIFT

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

### Pilates/Yoga Fusion

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

Instructor: Carol Pope

(425) 344-9505

12-class punch card \$84. A 12-class punch card for Camano Center Members is \$75. Drop-in fee \$12 per class. Enter class through the back patio door.

## Stay Active and Independent for Life

**SAIL** is a strength, balance, flexibility fitness program for adults 65+. The class is one hour long and is conducted by Traci Smith, a certified SAIL instructor who is trained to meet individual needs and set goals. The cost is \$30 a month T/Th and \$40 MWF. The class is available to Camano Center members only. Most classes are at capacity. You may add yourself to the waitlist by stopping by the front desk.

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

Every Mon/Wed/Fri

8:00-9:00am

Location: Sundin Room

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

Every Mon/Wed/Fri

9:00-10:00am

Location: Sundin Room

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

Every Mon/Wed/Fri

10:00-11:00am

Location: Sundin Room

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

Every Tue/Thu

9:15-10:15am

Location: Sundin Room

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

Every Tue/Thu

10:15-11:15am

Location: Sundin Room

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

Every Tue/Thu

11:15-12:15pm

Location: Sundin Room



### Line Dancing Class

Every Wed

3:00-4:00pm

Location: Sundin Room

Instructor: Kari Dziejwiontkoski

(206) 375-4151

\$10/person or

\$8/Camano Center Members

### Yang Style Tai Chi

Every Fri

11:00-12:00pm

Location: Education Room

Contact: Tom Hiegler

(360) 420-3426



# BUSINESS MEMBERS

*Please Support these Businesses who Support the Camano Center*

JOIN US!

in  
2024

INDIVIDUAL &  
BUSINESS  
MEMBERSHIPS



CamanoCenter  
Get connected.

Connect with the Community & Support the Camano Center

## Non-Profit Business Member Highlight



We are excited to highlight one of our wonderful non-profit business members, CASA (Camano Animal Shelter Association)! CASA is dedicated to providing a safe haven for homeless and abandoned animals in our community, offering them the love and care they need until they find their forever homes.

If you're looking to make a difference, consider adopting, volunteering, or donating to CASA. Every little bit helps in giving these animals the second chance they deserve.

Thank you, CASA, for your incredible work and for making our community a kinder place for animals!

## Join Us and Sign Up Today!

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

[Acanthus Floral & Garden Design](#)

[American Cremation & Casket Alliance](#)

[Ballard Insurance Agency, LLC](#)

[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](#)

[Designs Northwest Architects](#)

[Jared D. Johnson – Edward Jones](#)

[Ronald A. Kennedy – Edward Jones](#)

[Elite Interiors & Design, LLC](#)

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

[Ethan Home Repair & Remodeling, LLC](#)

[Family Resource Home Care](#)

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

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

[Heritage Bank](#)

[Homewatch Caregivers](#)

[InsuranceWorks Agency](#)

[Island Harvest Farm](#)

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

[Josephine Caring Community](#)

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[Law Office of Cole & Golday](#)

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[Massage on Camano](#)

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[Our Legacy Fields](#)

[Paws and Wings Place](#)

[Pope Chiropractic](#)

[Puget Sound Tree Care, LLC](#)

[Right At Home](#)

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

[Shoebox Baking Company](#)

[SLM Financial Services](#)

[Social Dance Simplified](#)

[Stanwood Hearing](#)

[Stanwood Lions Club](#)

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

[The Picnic Pantry and Parlour](#)

[Vidor & Associates, Inc.](#)

[Visual Photography with Tara Howard](#)

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



# Everything Christmas Sale

## Event Recap



The 2<sup>nd</sup> Chance Thrift Shop Everything Christmas Garage Sale on Saturday, August 17th, was an outstanding success, thanks to the perfect weather and incredible community support. This event, which requires the dedication of more than 40 volunteers and approximately 175 hours from setup to tear down, was a true testament to what can be accomplished when we come together.

This year was particularly special, as we broke records for financial donations, which will greatly help support our many programs and services at the Camano Center. These funds are vital in assisting older members of our community to live healthy, independent lives. We switched to a donation-based (pay-what-you-wish) model to raise funds without the labor-intensive task of pricing every item and to foster a deeper sense of community involvement. The overwhelming response showed that this approach works and

strengthens our mission – “create and provide opportunities that support healthy aging, independence, and well-being for older adults in our community”.

We are incredibly thankful to everyone who donated, shopped, and volunteered. Your generosity and hard work have made a significant impact, and we couldn’t be more grateful for your support. Missed the sale? Look for more great holiday items at the 2<sup>nd</sup> Chance Thrift Shop throughout the holiday season.

*Lisa Brentz  
Volunteer Services Manager*





# What's Age Got to Do With It?

## *If I Had My Life to Live Over*

I'm afraid the lazy days of summer have sapped me of what creativity may occasionally seep into my brain, so I'm going to let a funny lady from our younger days share her thoughts on what age has to do with our lives this time around. So, sit back, sip a cool something and wait with me until the first frost wakes us up, as we muse on this...especially the last paragraph. Truly words to live by.



### **"If I had my life to live over..."**

Someone asked me the other day if I had my life to live over would I change anything.

My answer was no, but then I thought about it and changed my mind.

If I had my life to live over again I would have waxed less and listened more.



Instead of wishing away nine months of pregnancy and complaining about the shadow over my feet, I'd have cherished every minute of it and realized that the wonderment growing inside me was to be my only chance in life to assist God in a miracle.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have invited friends over to dinner even if the carpet was stained and the sofa faded.

I would have eaten popcorn in the "good" living room and worried less about the dirt when you lit the fireplace.



I would have taken the time to listen to my grandfather ramble about his youth.

I would have burnt the pink candle that was sculptured like a rose before it melted while being stored.

**NO REGERTS**



I would have sat cross-legged on the lawn with my children and never worried about grass stains.

I would have cried and laughed less while watching television ... and more while watching real life.

I would have shared more of the responsibility carried by my husband which I took for granted.

I would have eaten less cottage cheese and more ice cream.



I would have gone to bed when I was sick, instead of pretending the Earth would go into a holding pattern if I weren't there for a day.

I would never have bought ANYTHING just because it was practical/wouldn't show soil/ guaranteed to last a lifetime.

When my child kissed me impetuously, I would never have said, "Later. Now, go get washed up for dinner."

There would have been more 'I love you's' ... more 'I'm sorry's' ... more 'I'm listening's' ... but mostly, given another shot at life, I would seize every minute of it ... look at it and really see it ... try it on ... live it ...

exhaust it ... and never give that minute back until there was nothing left of it." — Erma Bombeck, [Eat Less Cottage Cheese And More Ice Cream Thoughts On Life From Erma Bombeck](#)



<https://www.youtube.com/watch?v=A85xjWtSeUw>

"If I Had My Life To Live Over" – Foster & Allen

Connie Johnson  
Board Member

10:30 a.m. – 12:00 p.m.

~2024~  
**FRIENDSHIP TEAS**  
*"Bring a Friend - Make a Friend"*

Come for Tea & Treats  
STAY FOR A GOOD VISIT WITH FRIENDS  
(Both Old & New)

**1<sup>ST</sup> & 3<sup>RD</sup> TUESDAYS**

Contact: **Connie 360-652-7211**

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

**CAMANO CENTER**  
Members – FREE      NON-Members - \$5

A decorative graphic for a tea event. It features a teapot on the left pouring tea into a stack of five colorful teacups (blue, pink, green, red with white polka dots, and yellow). The entire graphic is framed by a decorative border of small red flowers.

Thank you to our event sponsors.

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# LAW OFFICE OF DALE WAGNER

**9727 271 Street NW \* Stanwood, WA 98292**

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*Northwest Washington Disability Attorneys*



## Our Values

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

## Our Vision

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

## Our Mission

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

## Contact Us

[info@camanocenter.org](mailto:info@camanocenter.org)  
606 Arrowhead Road  
Camano Island | WA | 98282  
(360) 387-0222