

CAMANO CENTER & CAMANO SUE'S ART

HOLIDAY CRAFT & GIFT BAZAAR

ALL ITEMS ARE HAND MADE
OVER 50 + VENDORS!

BRING THE WHOLE FAMILY





*2nd Chance Thrift Shop Volunteers
Liz Helms & Mary Velasco prepare
donations for the sale floor.*

October Highlights

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HOURS OF OPERATION

Camano Center

606 Arrowhead Road | Camano Island | WA | 98282

(360) 387-0222

Monday – Friday | 8:00 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.



CamanoCenter
Get connected.

camanocenter.org

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 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

August 11– September 10

Appreciation

Anonymous Donors
2nd Chance Thrift Shop

Anonymous Donor
Old Friends Club

Zakir Slager
MOW / Lunch

Jo Anne Burklund
Medical Rides

Jane DeLashmutt
Medical Rides

Betty Dorotik
Sole Somers Birthday Gift

Robert Hill
Medical Rides

Jeanne Maier
2nd Chance Thrift Shop

Anonymous Donor
SAIL Program

Jim Osborn
Medical Rides

Patricia and Tony Vivolo
Old Friends Club

Gala Auction

Paul and Julie Foster
Larry and Maria Carlstrom
Linda and John, Jr. Hadley

Gala Auction continued

Jeffrey Highland
Connie and Nick Johnson
Ken Johnson and Kathryn Wells
Mark and Kelly Kraus
George and Elizabeth Lundgren
Ivan and Darlene Miller
Kathy Sanchez
Michal and Jo Ann Scott
Shirley and John Swanson

General

Jean and Larry Bach
Patti and Andy Carr
Pat Clark and Carol Hoeksema
Sandra Clemetson
Robin and Glen Elder
Vincent and Amber Ferrese
Marilyn and Walter Grosjean
Jeffrey Highland
Connie and Nick Johnson
Jill Johnstone
Anonymous Donor
Mark and Kelly Kraus
Betsy Shields
Duane Simshauser

In Memory

Jill Johnstone
In Fond Memory of Ginny Berube

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



Left to right: Yvonne Musgrove, Ed Baum, Jay Adams

Thank you to our 2024 Wonderland Gala Sponsors



Heritage
BANK



LAW OFFICE OF
**COLE &
GILDAY** PC



Windermere
REAL ESTATE



Skagit Regional Health



Fall and Winter

Cancellation and Closure Information

Fall and winter are on their way! We would like to remind everyone that during this time of year we have fundraising opportunities and seasonal programs that require us to cancel some of our activities. We encourage you to check our online calendar frequently for scheduled cancellations as well as unscheduled winter related cancellations and closures. Cancellations are shown in red on the calendar. You may follow this [link](#) to the calendar or visit our website at any time. If you participate in one of the many activities at the Camano Center, check in frequently with the activity's group contact. They are all kept up to date on scheduled closures.

The Camano Center and 2nd Chance Thrift Shop do follow the Stanwood Camano School District's decision to close **due to hazardous weather and/or dangerous road conditions**. Many businesses and organizations in our area use this as a guide for safety. School closure information will be available on the school district's website and social media, Seattle broadcast morning news, and our website and social media will be updated at the first opportunity. If the school district is operating on a delayed start due to weather and road conditions, the Camano Center and 2nd Chance Thrift Shop will open at the discretion of the Executive Director and/or may close early. As always, during bad weather, assess the safety of your own driveway and your own neighborhood first. If in doubt, stay home!

Volunteers Beautify Camano Center Gardens for Fall



*Camano Garden Club left to right: Judy Coddington, Jeff Coddington, Milly Norwood, Nan Englehardt & Bonnie Lemkin
Not pictured: Rosemary Easley.*

As the Camano Center prepares for fall, our gardens and landscape are in beautiful shape, thanks to the hard work of several dedicated volunteer groups and individuals. This year, volunteers from Heritage Bank, the Camano Garden Club, and others in the community came together to help ready our outdoor spaces for the season ahead.

Heritage Bank returned for their third annual Volunteer Day, bringing their hardworking team to tackle a variety of tasks. For three years, they've been a crucial partner in keeping our grounds looking their best.

The Camano Garden Club, a consistent force throughout the year, also provided their expertise and dedication. They work regularly to maintain the Center's landscaping, ensuring our gardens remain a place of beauty and tranquility. Their knowledge and passion continue to help our gardens thrive.

Individual volunteers regularly jump in to help, whether it's lending a hand with landscaping or tidying up flowerbeds. Every bit of support adds to the overall success of our garden

maintenance. Friends of Camano Island Parks (FOCIP) also deserve special recognition for their ongoing care of the Camano Center trail. Their attention to the trail keeps it accessible and enjoyable for the community year-round.

It's a true community effort, and we're grateful for every volunteer who contributes their time and energy. Whether part of a group or working individually, their efforts make the Camano Center a welcoming and beautiful place for all to enjoy. If you see any of these wonderful volunteers around, be sure to thank them for all they do to support our Center!

*Lisa Brents
Volunteer Services Manager*

Summer at Camano Island State Park

Snohomish Conservation District



This summer, Snohomish Conservation District's Science Station returned to Camano Island! With help from Washington State Parks, we were able to move our Conservation Station from its old home by the gas pump at Cama Beach to the serene shores of Camano Island State Park. En route to picnics, campsites, and long days on the boat, guests to Camano Island State Park learned about the plants and animals that live alongside us.



From birds and bats to whales and sea slugs, our educators introduced passersby to skins, skulls, and other specimens that help us appreciate our local flora and fauna.

The Conservation Station is part of Snohomish Conservation District's effort to help Camano Island residents steward their local natural resources. Our educators supported this work by sharing direct conservation actions alongside their displays at Camano Island State Park.



They spoke with visitors about picking up litter, preventing stormwater pollution, reducing pesticide use, and creating wildlife habitat. Families left our tables ready to make a positive environmental impact in their community.

Despite trading cabins for crabbers this year, our educators reached over 400 beachgoers! As always, they had a great time meeting everyone and hope to see you again at Cama Beach or Camano Island State Park next summer.



*Submitted by Nathan Sharon
Environmental Education Program Coordinator,
at Camano Island State Park.
Snohomish Conservation District*

CAMANO CENTER & CAMANO SUE'S ART HOLIDAY CRAFT & GIFT BAZAAR



SUPPORT
OUR
LOCAL
CRAFTERS

ALL ITEMS
ARE HAND MADE 
OVER 50 VENDORS!

BAKE SALE
CANDLES & SOAP
HANDMADE GIFTS
ORNAMENTS
JEWELRY
CLOTHING
+ MORE!

BRING THE
WHOLE
FAMILY



THIS EVENT BENEFITS
THE CAMANO CENTER



Food
Vendor



Camano Center 606 Arrowhead Road Camano Island
(360) 387-0222 | camanocenter.org

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 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 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.



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 8 a.m.–4 p.m.



**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

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 Emilly MacCormick, Meals on Wheels Assessor at (360) 672-6416.

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

October Lunch Entrée

2	Wed	Chicken Alfredo w/ Pasta
4	Fri	Split Pea Soup w/Ham
7	Mon	Chicken Chili w/Onion & Cheese
9	Wed	Shepherd’s Pie w/Ground Beef
11	Fri	<i>MOW Only: Tuna Salad on Croissant</i>
14	Mon	Kielbasa w/Sauerkraut on Bun
16	Wed	Ham Slice w/Pineapple Sauce
18	Fri	Turkey Tetrazzini
21	Mon	Baked Potato Soup w/Bacon
23	Wed	Baked Mustard Glazed Chicken
25	Fri	Taco Casserole w/Ground Beef
28	Mon	Cheeseburger on Bun
30	Wed	Spaghetti Marinara w/Meatballs

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 8:00 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 a.m. 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



Nikki Turner

Aging & Disability Resource Program Specialist

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



Medicare Open Enrollment occurs Oct. 15 - Dec. 7

Help with Medicare is available in-person, by Zoom or phone

SHIBA can help you review Medicare Advantage plans and Part D plans, and compare your options for 2025 coverage.

Starting Oct. 1, you can schedule your free, unbiased consultation.

To request an appointment, here are your options:

1. Call our message line: 425-290-1276 (Snohomish) or 360-826-8828 (Skagit)
2. Email: shiba.OE@edmondswaterfrontcenter.org
3. Go to www.edmondswaterfrontcenter.org/ewc-programs/shiba
4. Use our QR code for an online appointment request form



We're your Statewide Health Insurance Benefits Advisors (SHIBA) program



Camano Center Coffee Connection

Members can connect and enjoy free coffee at the Camano Center Monday through Friday.

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.



Old Friends Club - Did you Know?

The Camano Center Old Friends Club is part of a network of Old Friends Club social respite programs in Western Washington. Karen Koenig, the Founder of Old Friends Club, developed the program to nourish the hearts and minds of those living with dementia and the well-being of their care partners. The tool-kit that Karen created provided the framework for the Camano Center to launch our own local program here on Camano Island over a year ago.

As a more established program, the Camano Center Old Friends Club has had the privilege of hosting visitors from Vashon Island and Mercer Island who are interested in launching their own program locations. We have shared our start-up timeline, marketing strategy, robust volunteer support program, activity plans, and challenges and successes to help these new clubs get their programs started. We've also had the great pleasure of a visit from the founder Karen Koenig, her new Executive Director and Affiliate Development Director.



Enjoying an opportunity for creative expression

Many of the visitors to our Camano Old Friends Club have reached out to share their appreciation and kind words that echo what our staff, volunteers and club members feel each week in club:

“We can’t thank you enough for the opportunity to visit the Camano Center and see the Old Friends Club in dynamic action. It was so much fun – the bubbles, smores, music, dancing, lunch. We got to see a five-star adult respite program!”



We are so grateful for the incredible Old Friends Club staff, Tina Dinzi-Pederson, Cheryll Davis and Christy Longdon, and the dedicated crew of program volunteers who put their heart into bringing joy to our club members each day!

How to Join Old Friends Club

Although both of our club days are currently full, we encourage you contact the Camano Center at (360) 387-0222 to schedule a time to stop by for a visit to see if Old Friends Club is the right match for you and your family member and get added to our waitlist.

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.



Cyber Security Forum on Thursday, October 24th at 2:00 pm, In partnership with Camano Law Enforcement Support Foundation

The Growing Threat of Cyber Fraud

The risk of financial loss due to cyber fraud is a significant and escalating concern for everyone. The rise of artificial intelligence (AI) further amplifies these risks when using our cell phones and computers. We are all susceptible to falling victim to scammers who exploit our trust.

Empowering You Against Cyber Threats

This Cyber Security Forum will equip you with the knowledge and tools to navigate the complex world of cyber security. You will gain a deeper understanding of the terminology, risks associated with sharing personal information, and practical tips for strengthening your financial profile. We will provide actionable steps you can take to safeguard yourself against many of these risks and offer resources for further learning and assistance.

Free Security Forum presented by the Camano Law Enforcement Support Foundation

Are you worried about online scams and how to protect your finances?

You're not alone! Come to the FREE Cyber Security Forum on:

Thursday, October 24th at 2:00 PM

at The Camano Center

606 Arrowhead Road, Camano Island, WA

This forum is specifically designed to help seniors understand the risks of cybercrime and learn how to stay safe online.

Here's what you'll gain:

- **Understand common scams:** Learn how to identify and avoid phishing emails, phone calls, and other tactics scammers use.
- **Protect your financial data:** Discover tips for creating strong passwords, keeping your software updated, and guarding your personal information.
- **Get help and resources:** Find out where to go for additional information and support if you suspect a scam.

There will be expert speakers, a Q&A session, and a FREE handout with key takeaways!

Space is limited, so register today at

<https://www.camanolesf.com/>

Healing from Losses

Guest speaker:

Marlene Anderson, MA

Monday, October 7

1:00 - 2:30 p.m.

Camano Center, 606 Arrowhead Rd.

RSVP to 360-387-0222 (offered at no cost)



Losses can leave us feeling hopeless and helpless. A part of us has died too. How do we move forward? Coming to terms with our loss may be difficult, but when we realize we can move forward without dishonoring or forgetting our loved ones, we have taken that first step. Recovering from losses is not just grieving – it is reconciling and making that transition to a new life – a new identity.

Join author and therapist Marlene Anderson for this special presentation as she shares ways to make a transition to a new and meaningful life after loss.



CamanoCenter
Get connected.

360-387-0222 | www.camanocenter.org

BUSINESS MEMBERS

Please Support these Businesses who Support the Camano Center



Connect with the Community & Support the Camano Center

Non-Profit Business Member Highlight



Camano Island Mosquito Control District

For October, we're highlighting the Camano Island Mosquito Control District, a vital part of our community working tirelessly to protect public health and preserve our island's environment. Their dedicated team uses safe, eco-friendly methods to control mosquito populations, reducing the risk of diseases like West Nile Virus.

Thank you to the Camano Island Mosquito Control District for keeping our island safe and mosquito-free! Learn more about their important work and how they're helping our community thrive.

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 Bliss](#)

[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](#)

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[InsuranceWorks Agency](#)

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

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

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[SLM Financial Services](#)

[Social Dance Simplified](#)

[Stanwood Hearing](#)

[Stanwood Lions Club](#)

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

[The Gilroy Law Firm](#)

[The Picnic Pantry and Parlour](#)

[Vidor & Associates, Inc.](#)

[Visual Photography with Tara Howard](#)

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

Activities and Hobbies

At the Camano Center

The Camano Center has a variety of daily, weekly and monthly activities. Some group sizes vary, 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 or visit our calendar at camanocenter.org.

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 is an all medium paint community.

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

Needle Works

Every Thu
9:00-11:00am
Location: Craft Room

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

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

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



FULL OF WORDS[!]

A Writing Circle at the Camano Center

Tuesdays from 10:30 a.m. to 12:00 p.m.

WE START OCTOBER 1, 2024

We will meet for 6 sessions.

Free to Camano Center Members

Register at the front desk.

Space is limited to 8 (including the facilitator) writers per session.

FACILITATED BY JOYCE LUKACZER

(Continued from page 18)

Cribbage

Every Tue

1:00-4:00pm

Location: Jensen Room

Contact: Hilda Story

(425) 220-4562

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) 387-8840

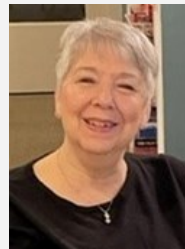
Get Smart *Computer & Phone Help*

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 a 30-minute appointment for one-on-one assistance. Wanda Hill will offer help with: Windows operating system, MS Work, Excel, and Outlook. General questions are welcome. No Macs or phones. Bring your laptop.

Macbook and iPad/ iPhone Tutoring

1st & 3rd Wed

1:30-3:00pm

Location: Library



Call the Camano Center (360) 387-0222 or stop at the front

desk to schedule a 30-minute appointment for one-on-one assistance using your Mac laptop, iPad or iPhone. Joyce Lukaczer will offer help on the 1st and 3rd Wednesday. Bring your device.

Get Vocal

Music Makers

Camano Ukulele Ensemble

Every Mon

1:00-3:00pm

Location: Craft Room

Contact: Val Schroeder

(360) 387-2236

Beginning Ukulele

Every Tue

1:00-2:30pm

Location: Education Room

Discover the joy of ukulele playing. Class is in session. There will be another beginner class in the spring. Contact Ellen Suffern if you are interested.

ellensuffern@wavecable.com

(Continued on page 20)

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 19)

Music Group

Every Tue

1:00-3:15pm

Location: Sundin Room

Acoustic non-amplified musical instruments. Soft/light rock & roll, Folklores, Blue Grass, Country, Show Tunes, Jazz, Hawaiian, Easy Listening and Classical.

Contact: Robin Widoff
(707) 312-1112

Cowboys Music Group

Every Fri

1:00-3:45pm

Location: Education Room

The genre is mostly country and western classics, and related classic folk, and country rock.

Come to the Camano and once you start you can be added to an email contact list.

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.

Coffee Connection

All Weekdays

9:00-2:00pm

Location: Library

Chat with a friend, read a book, work on a puzzle, or do some work with our free Wi-Fi. We look forward to seeing you! Coffee is free to Camano Center members.

Friendship Tea

1st & 3rd Tue

10:30-12:00pm

Location: Education Room

Contact: Connie Johnson
(360) 652-7211

Full of Words

Every Tue

10/01/24-11/05/24

10:30-12:00pm

Location: Conference Room

This is a 6 week session. Using poetry to lead us into our writing, we write three times in one session, writing as fast as we can, pen never leaving the page. If you have questions before registering, please email the facilitator, (Joyce) at fact@msdeadlines.com

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 for more information. Free to Camano Center Members.

(Continued on page 21)

Island Writing Circle

1st & 3rd Fri

12:30-2:30pm

Location: Jensen Room

No need to register. We will be informal, open to anyone wanting to write, be it memoirs, fiction, non-fiction and/or poetry as we aspire to write what's important to us individually.

Contact: Elizabeth Dalton

EDalton1011@aol.com.

Travel Talk

2nd Fri

10:00-12:00pm

Location: Jensen Room

Travel Talk will have a slideshow presentation of someone's travels - perhaps a cruise, maybe a tour in Europe, or exploring some exciting place. This month we go to Japan.

Contact: Mark Kraus

(425) 503-9072.

Get Active

Exercise & Fitness

LIFT (Weight Conditioning) & Pilates/Yoga Fusion

Instructor: Carol Pope

(425) 344-9505

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

LIFT

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

Pilates/Yoga Fusion

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

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 held 2 times a week (Tuesday and Thursday) and is conducted by Traci Smith, a certified SAIL instructor who is trained to meet individual needs and set goals. The cost is \$30 T/Th and \$40 for M/W/F per month. Classes are available to Camano Center members only.

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

Every Tue/Thu

9:15-10:15am

Location: Sundin Room

Class is at capacity.

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

Every Tue/Thu

10:15-11:15am

Location: Sundin Room

Class is 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

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

Every Mon/Wed/Fri

8:00-9:00am

Location: Sundin Room

Class is 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 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 at capacity.

Line Dancing Class

Every Wed

3:00-4:00pm

Location: Sundin Room

We're all about fun and fitness rolled into one awesome experience! Instructor: Kari Dziejwiontkoski
(206) 375-4151
\$10 per person
\$8 Camano Center Members

Yang Style Tai Chi

Every Fri

11:00-12:00pm

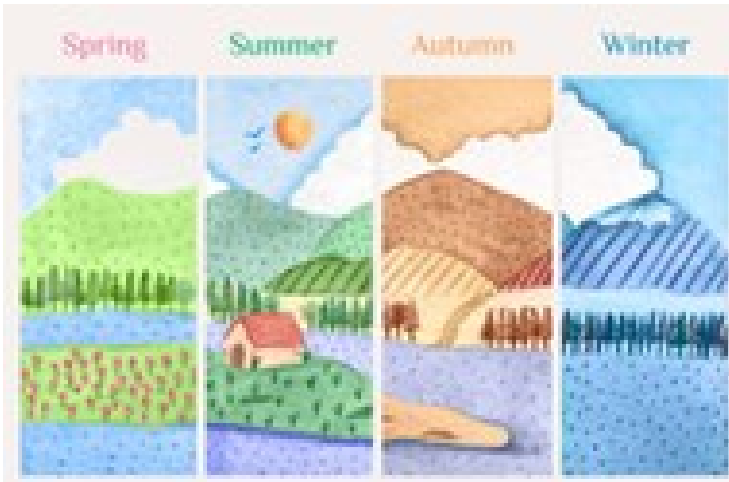
Location: Education Room

Contact: Tom Hiegler

(360) 420-3426

What's Age Got to Do With It?

Seasons Turn, Turn, Turn



Right about now, back home in the little town in Kansas where I grew up, folks are anxiously awaiting the burst of brilliant colors October promises. “Will the leaves turn in time for the Maple Leaf Festival?” “It hasn’t frosted yet, and it’s only a week away!” “What if the colors are dull this year?” “We haven’t had much rain.” “Things are drying up.” “What if the leaves just turn brown and fall off, leaving nothing but winter bare branches?”

“Nature made us a promise of brilliance before grey days settle in and color leaves the world for what will seem like forever. We rely on that promise to help us endure the coming of winter.” “Besides, nothing else ever happens here!” “We have to have something to look forward to...”

So goes the inner dialogue and the conversational script at the local diner every day, until it happens. Waking up one morning, there’s frost on the ground and hints of brilliant colors touching the tips of each leaf, and all is suddenly more right with the world.

Such is life. We worry and fret about things we have no control over, until (if we’re lucky) things resolve themselves, or we simply resign ourselves



to the uncertainty and start to find things to appreciate in whatever comes our way.

The Beatles may have had something...

Let It Be (There Will Be An Answer)

<https://youtu.be/CGj85pVzRJs>

As did The Byrds when they borrowed their lyrics from Ecclesiastes 3:1-8...



(To Everything There is a Season) Turn, Turn, Turn...

<https://youtu.be/pKP4cfU28vM?si=uVg3CudaFDhK8PqI>

This might be a good time to ask yourself, “What does it mean for me to be and feel fully alive? What does it look, sound, and feel like today? This week? This year? In this season of my life?” (from the Podcast “A Life in Progress” – Krista O’Reilly-Davi-Diguri <https://www.alifeinprogress.ca/what-does-it-mean-to-feel-fully-alive/>)



I hope you find something in your answer that reflects the closing line of the lyrics to The Byrds’ song...

“A time for peace, I swear it's not too late”

And then, try to give yourself this...

“Freedom to thrive forward and live fully in every season.”

(also from the Podcast “A Life in Progress” – Krista O’Reilly-Davi-Diguri)

Here’s one final way to look at the seasons of our lives, and how to live through them with joy...

<https://www.arhantayoga.org/blog/the-four-seasons-of-life/>

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)
1ST & 3RD TUESDAYS
Contact: **Connie 360-652-7211**

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

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

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2ND CHANCE THRIFT SHOP
Wednesday-Saturday
10:00 a.m.- 4:00 p.m.
Donations Accepted Thursday - Saturday
360.629.6142
2NDCHANCETHRIFTSHOP.ORG



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
606 Arrowhead Road
Camano Island | WA | 98282
(360) 387-0222