

Camano CONNECTIONS

February 2025

The annual State of the Chamber luncheon, organized by the Camano Island Chamber of Commerce, takes place at the Camano Center.

February Highlights

Executive Director's Report

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55 + Resource Fair

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What's Age Got to Do With It

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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

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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

December 11– January 10

APPRECIATION

Anonymous Donors—2nd Chance Thrift Shop
Anonymous Donor— Medical Lending Closet
Linda Hierholzer—Medical Rides
William and Ann Kasper—Old Friends Club
Petronila Sabo—Medical Rides
Ellen & Gary Suffern— In Honor of Camano Ukulele Ensemble

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Linda and John, Jr. Hadley—Ray Cresap
Linda and John, Jr. Hadley— Dennis Ward
Jill Johnstone—Linda White
Cyndi Marriott— Mike Heacock
Fred Monte—Mike O'Brien
Ken and Patti Peterson—Mike Heacock
Randy and Melanie Serroels—Mike Heacock
James Teslow—Gladys Teslow

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

Welcome New Members!



Left to Right: Debbie Kluge, Marge Schulz, Toni Hilt, Julie Berig, Alicia Steed & Fred Engel

CAMANO CENTER & 2ND CHANCE THRIFT



Executive Director Report for Board of Directors



December 2024/January 2025

Upcoming Events/Happenings for 2025:

2/14	Glass Quest begins
2/18	Camano Library 10-year Celebration
3/8	55+ Resource Fair
4/ 5	Camano 101
4/27	Linda White Memorial
5/17	Women's Expo
6/21	Summer Solstice Bazaar

Past 30 Days:

- Giving Tuesday was a great success bringing in over \$14,000 between SCAF collections and in person donations at the Center. These funds are for Medical Transportation program of which we subsidize 100%.
- The volunteer appreciation event at the thrift store was very well attended and there were many happy emails afterwards from grateful volunteers. The event brought in \$1,576 in shopping which covered the food and staff expenses. Everyone had a great time!
- Reverb HR dedicated 3 hours to our operations and HR policies in a grant through SCAF. Any changes he suggested have been made. This was a good use of the time and thankful to SCAF for offering.
- Aging Mastery graduated its 7th class in December. The next class will be in April.
- Notary services have been provided to 11 individuals over the past 2 months.
- After observing the attendance, the week of Christmas for the past few years, we decided to close that week in the future. Other Senior Center's do this regularly. Our SAIL instructors had planned on taking a week off as there is low attendance. We will offer staff the option to work on projects if they do not have the vacation time available, doors will be locked and no programming going on other than MOW coming out of the kitchen. Paid days will be 24 and 25th.
- The CARES team has been working hard to get ready to start requesting grant funding. The original funds we were counting on from ACH (accountable communities of health) have been held up in the federal system so we need to move forward without them.
- Camano Library will be holding their 10-year celebration here in partnership with Camano Center and the Friendship Tea group. So far 110 participants have signed up to come talk about book clubs, libraries and tea! A wait list has started.

- The all-Island mailer is complete! The team worked so hard on it, it really is a work of art that we can use into the future for grants, outreach, donor development, etc. Should go out January 25 or so. Mountain Solar is on standby for the roof project to be completed in order to put the old solar panels back up. They will be cleaned prior to this happening.
- Commercial Fire Protection has not given me the bid yet for the repairs on our sprinkler heads in the Sundin rom. I have been keeping the Island County Fire & Safety Inspector in the loop, so we are not in jeopardy of any fines. This has been going on since 9/9/24.
- Lighting in the Education room has been retrofitted to include a dimmer. This is hopefully going to help our members with macular degeneration and other sight issues.
- Mickolsen Corporation (septic designs) from Whidbey has entered the picture again with us to help find a solution to our Aquatest Nibbler dilemma. I'm hopeful, but not overly optimistic that anyone can get us out from underneath the monopoly that Aquatest has on all of Island County.
- Foot Clinic has been asked to become Business Members to help support the fact that they are not asked to pay rent for the 3 days per month they are here. We do a lot of administrative work for them, plus provide volunteer support. This has been happening since the COVID return. If they decide not to contribute \$150 per year, I will be terminating their services and use one if the other options I have.
- Annual fire suppression system testing, hood in kitchen, and fire extinguishers all tested this month and passed with no complications.
- **Rentals this past 2 months:** FOCIP holiday party, Twin City Idlers party, Cascade Lumber party, Windermere party, CAA holiday party, Garden Club party, 2 HOA meetings, 2 Celebration of Life events, Taste Buddies , State of the Chamber Lunch, Private meeting
- **Non-profit meeting space:** Blood Drive, CAA meeting
- **Executive Director participated in the following Partnership/Collaborations:** Camano Fit, Embarc Fitness, Island County Falls Prevention Coalition (ICFPC), SCAF, Community Coalition of Stanwood-Camano, WA Dept of Commerce, Community Foundation of Snohomish County, NWRC, Stanwood Camano Food Bank, and Executive Director groups.

Grants Open/ Pending/ Investigating

Grants	Amount and Status	Designated for
Olson Family Grant	Awarded \$38,000	Senior Transportation
Paul Glaser Foundation	Applied for \$10,000	Old Friend's Club
Providence Swedish	Awarded \$3,500	Transportation
SCAF	Awarded 3 hours	HR Services and consult
RE/MAX	Applied for \$2,500	Transportation

Thrift Store update:

Average Customer spend for January to date is \$13.27.

Average Daily gross in sales for January to date is \$2,932.

Programs, Services, & Partnerships Helping Older Adults

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 Updates:

Space Availability: Space is currently available for a new club member to join our social model day respite program for people living with dementia, Tuesday or Thursday from 9:30-2:30 at the Camano Center.

Job Opening: Hiring a Program Assistant for Thursday sessions (approximately 7 hours a week) We are looking for a creative and flexible team member who will remind members of their strengths and offer appropriate choices that preserve their sense of autonomy. The Program Assistant provides direct care for members including assistance with ambulation, hygiene, and meal assistance as needed, assures members are engaged and safe during activities and consults with the Program Coordinator on the needs of each member. Contact Bonnie Eckley for more information at 360-387-0222 or beckley@camanocenter.org. Click [here](#) for full job description.

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.



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 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

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

(360) 387-0222



Camano Center Coffee Connection



Members can connect and enjoy free coffee and tea at the Camano Center, Monday through Friday 8 a.m.—2 p.m.

Stop by and relax in one of many seating areas. Read a book, work on a puzzle, or visit friends while enjoying a hot cup of coffee or tea on us. We look forward to seeing you!

SPONSORED BY:



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.



Durable Medical Equipment Lending Program



Camano Center loans certain types of medical equipment to residents experiencing a temporary or permanent disability. There is no check out system. If you see something you need, take it and bring it back whenever you are done using it.

Equipment Donations Welcome: We are always seeking donations of gently used durable medical equipment such as wheelchairs, walkers, crutches, canes, shower chairs and commodes.

Lending Closet Locations: 2nd Chance Thrift Shop, 1335 WA-532 or visit Camano Center, 606 Arrowhead Rd, Camano Island.

For more information call (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.

2025 Program Schedule

GRIEF TO GRATITUDE

STORIED PASTS



**"THE BRIGHTEST STAR IN THE NIGHT SKY
REMINDS ME OF THE ONE I LOVED & LOST"**

Danny Koffman

**Come & Share Uplifting Stories
of Your Lost Loved One to Inspire
Joy, Reflection & Gratitude.**

The most common of human experiences is the loss of those we love. This unique free program creates the space for you to share and celebrate that common reality.

Facilitated by Danny Koffman, artist & author
for more info contact dan@koffman.net -or call- 360.348.6277

10AM at the CAMANO CENTER in 2025
Monday Feb 10, Jun 2, Aug 25 and Nov 17

11AM at the CAMANO LIBRARY in 2025
Saturday Feb 22, Jun 7, Aug 30 and Nov 22

Ensure Plus

Liquid Nutritional Supplements

Service provided in partnership with
Island Senior Resources.



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? 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.

AARP Tax-Aide Appointments at the Camano Center



AARP Foundation Tax-Aide is offered in cooperation with the IRS.

AARP Foundation Tax-Aide offers free tax preparation help to anyone, and if you're 50 and older, and can't afford a tax preparation service, we were made especially for you. We understand that retirement or other life changes may mean your taxes are a little more complicated now. With the help of our team of IRS-certified volunteers we will make it easy for you.

AARP Tax-Aide appointments are available at the Camano Center! Come in Monday – Friday 8 a.m. to 4 p.m. to pick up your intake packet and schedule your appointment. The packet must be completed and brought with you to your appointment. Camano Center staff and volunteers are happy to help you schedule your appointment but do not answer tax-related questions.



Nikki Turner

**Aging & Disability
Resource Program
Specialist**

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

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



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 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.

February Lunch Entrée

3	Mon	Spaghetti & Meatballs
5	Wed	Chicken Teriyaki & Rice
7	Fri	Loaded Baked Potato Soup
10	Mon	Chicken Puttanesca w/ Olives
12	Wed	Pork Carnitas w/Tortilla
14	Fri	New England Clam Chowder
17	Mon	Meal Site Closed-Presidents Day
19	Wed	Caprese Focaccia w/Tomato
21	Fri	Chicken Mulligatawny w/Apples
24	Mon	Ham & Leek Strata
26	Wed	Beef Stroganoff w/Mushrooms
28	Fri	Sausage Tortellini Soup

**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.

55 + Resource Fair

Saturday, March 8th

Save the date for the **55 + Resource Fair** coming up Saturday, March 8th, 9:30 AM—2:30 PM. The goal of the event is to have one convenient place for people to come and get information about services, programs, and activities that support healthy aging, independence and well-being for older adults in our community. Representatives and information about government and other non-profit services, local transportation options, medical services, products, support groups, public safety, legal and financial services, senior living options, health and wellness, volunteer opportunities and more can all be found at this resource event. Whether you are gathering information for your own current needs, planning for your future, or needing help supporting a family member, this event is a great “one stop shop”!

A complimentary lunch of quiche, salad, fruit and a cookie will be served between 11:00 and 1:00, thanks to the support of our 2025 sponsors: Island Senior Resources, ACCA – American Cremation & Casket Alliance, Camano Kerri-North48 Real Estate, Island Transit, Stanwood Hearing, Good Knight Homes-Brooke Knight Real Estate Broker, Vidor & Associates, Bee Authentic Pilates, Warm Beach, Family Resource Home Care, Skagit Regional Health, Symmetria Integrative Medical, IRG Physical Therapy, SLM Financial Services and Right at Home-In Home Care & Assistance.

There will be three presentations during the day on the following special topics:

10:00-11:00

Maintain Your Brain

Ever wondered how you can optimize your brain health and reduce the risk of developing neurodegenerative conditions as you age? Learn about the latest research on modifiable risk factors across the lifespan and how you can integrate these findings into your daily routine. We will discuss movement, nutrition, and debunk some common myths and gimmicks.

11:30-12:30

Your Home: Options for Staying in Place and Considerations for Moving

Explore financial and logistical strategies that could allow you to stay in your home, while also recognizing some signs that it may be time to move, understanding various housing options and things to consider for a potential move. All participants will leave with a resource packet and a downsizing workbook.

1:00-2:00

Estate and Long-Term Care Planning Basics

James Dolan, Elder Law Attorney, Jones Butler Dolan, PS

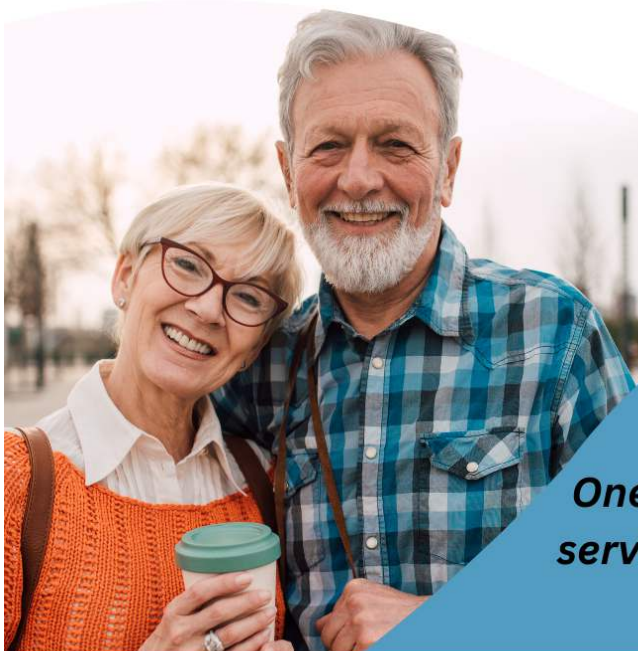
This overview on Estate Planning, Wills, Power of Attorney, Advance Directives, Guardianships, Special Needs Trusts, Medicaid and more will help you in planning for your future.

Mark your calendars for this fun, free and informative day in March. It's a great way to get connected!



55+ RESOURCE FAIR

Complimentary
Lunch
11:00 - 1:00



Saturday, March 8, 2025

9:30 a.m. - 2:30 p.m.

AT THE CAMANO CENTER

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

PRESENTATIONS:

Memory
Screenings
available

10:00 - 11:00

Maintain Your Brain

11:30 - 12:30

Your Home: Options for Staying in Place and Considerations for Moving

1:00 - 2:00 Estate & Long-Term Care Planning Basics

THANK YOU TO OUR EVENT SPONSORS:



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

www.camanocenter.org

Travel Talk

Free For Camano Center Members

Second Friday of each month 10-12 AM

Please Check In At The Front Desk



Join us for a travel presentation or to present a travel experience of your own. No sales or promotions, just travel fun!

See Crab Cracker for details of each month's presentation.



**Interested in presenting one of your travels? Please contact
Mark Kraus 425 503-9072 (leave v-mail or text)**

BUSINESS MEMBERS

Please Support these Businesses who Support the Camano Center

Join Us and Sign Up Today!

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

[Acanthus Floral & Garden Design](#)

[American Cremation & Casket Alliance](#)

[Ballard Insurance Agency, LLC](#)

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[Camano Island Dental Center](#)

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

[The Gilroy Law Firm](#)

[Vidor & Associates, Inc.](#)

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

**The schedule is
subject to
change. Check
the calendar
before you leave
home!**

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 participation information on each activity or visit our calendar at camanocenter.org.

Activities and Hobbies *At the Camano Center*

Get Creative *Art & Sewing*

Mending Hearts Quilting Group

1st & 3rd Mon

8:00-12:00pm

Location: Craft Room

Mending Hearts meets on the first and third Monday of the month. Open to all crafters. Work on your own project or work on disaster quilts. Fabric provided for disaster quilts.

Call or text Joan Huehnerhoff
(425)754-6620.

Tuesday Paint Group

Every Tue

8:00-11:00am

Location: Craft Room

Friday Paint Group

Every Fri

12:30-3:30pm

Location: Craft Room

Paint Group is an all-medium paint community. Contact group leader,

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

Hero Quilters

3rd Wed

10:30-3:00pm

Location: Craft Room

The Stanwood-Camano Hero Quilters make patriotic quilts for wounded soldiers. They are distributed through americanheroquilts.com.

Contact: Sharon Szekely
sharonsseams2b@yahoo.com

Needle Works

Every Thu

9:00-11:00am

Location: Craft Room

We quilt, knit, crochet, do embroidery, and more. We share projects, patterns, thoughts, support and laugh a lot!

Contact: Mary Beckham
(360) 387-6958

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

or (360) 387-1142

Cribbage

Every Tue

1:00-4:00pm

Location: Library

Contact: is Hilda Story

(425) 220-4562

Hand & Foot Canasta

Every Wed

12:30-3:30pm

Location: Education Room

Contact: Marsha Kessler

(425) 350-8779

Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

Contact: Mike Bloom

(425) 971-1379

Get Smart

Computer & Phone Help

Tech Tips

Every Tue

10:00-12:00pm

Location: Library

Call the Center

(360) 387-0222 or stop at the

front desk to schedule a 30 minute



appointment for one-on-one assistance with Wanda Hill. No Mac's or phones. Remember to BRING YOUR LAPTOP!

MacBook and iPad/iPhone

Tutoring

1st & 3rd Wed

1:00-2:30pm

Location: Library



Sign up for a 30-minute Q&A / tutoring session with Joyce Lukaczer. All questions welcome! These sessions are intended to help make the technology more useful to you. Email Joyce to sign up fact@msdeadlines.com.

Get Curious *Special Interest*



Camano Center Lending Library

All Weekdays

9:00-4:00pm

Location: Library

Camano Center features an honor system lending library. Find a book you like and take it home. Bring it back when you are finished. This library is managed by volunteer librarians.

Coffee Connection

All Weekdays

9:00-2:00pm

Location: Library

Sit, 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 Tue

10:30-11:30am

Location: Education Room

Join us for tea, treats, and a nice visit with friends, both old and new.

Contact: Connie Johnson

(360) 652-7211

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

Travel Talk

2nd Fri every

10:00-12:00pm

Location: Craft Room

Do you enjoy sharing your travel experiences or hearing from others of their travel adventures? Or enjoy travel vicariously? Each month on the second Friday Travel Talk will have a slideshow presentation of someone's travels

(Continued on page 18)

(Continued from page 17)

February's Travel Topic: Mexico, visiting Merida, Tulum and several sites in the Yucatan Peninsula.

Contact: Mark Kraus

(425) 503-9072

Please leave a message

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

2/04/25-4/15/25

1:00-2:30pm

Location: Education Room

Discover the joy of ukulele playing. New class begins February 4. Space is limited. Contact Ellen Suffern if you are interested.

ellensuffern@wavecable.com

Music Group

Every Tue

1:00-3:15pm

Location: Jensen Room

Acoustic non-amplified musical instruments

Contact: Robin Widoff

(707) 312-1112

Classic Country & Folk

Every Thu

2:00-3:45pm

Location: Jensen Room

New music group starting with a focus on classic country. If you have questions or want more information contact Lois Giles at (206) 235-3123

Cowboys Music Group

Every Fri

1:00-3:45pm

Location: Education Room

The group is managed by Lee Clemetson, Lois Giles and Jack Rensel and presently includes several experienced musicians. Come to the Camano Center. Once you start you can be added to an email contact list.

Get Active

Exercise & Fitness



LIFT

Every Tue/Thu

7:00-8:00am

LIFT (Weight Conditioning)

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.

Pilates/Yoga Fusion

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

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.

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 are all about fun and fitness rolled into one awesome experience! No need to bring a partner, just bring yourself and maybe a few pals for good measure. Dancing is one of the BEST ways to get exercise and have fun at the same time The instructor, Kari Dziejwiontkoski \$10/person or \$8/Camano Center Members.

Stay Active & Independent For Life

Stay Active and Independent For Life (S.A.I.L.) classes at the Camano Center are at capacity. Please continue to check in. We have a list of (S.A.I.L.) classes offered in the community. Stop and ask at the front desk.

An illustration of a ukulele with a light brown body and a dark brown neck. The neck is positioned vertically, and the headstock is at the top. The body is at the bottom. The neck has four strings and a fretboard with white frets. The headstock has four tuning pegs. The body has a sound hole with a dark brown rim. The background is white with a large orange shape in the top left corner. There are several musical notes and a treble clef floating around the ukulele. The notes are black and the treble clef is black. The notes are floating around the neck and headstock of the ukulele.

BEGINNING UKULELE

DISCOVER THE JOY
OF UKULELE PLAYING!

Camano Center
606 Arrowhead Road
Camano Island
1:00 P.M. - 2:30 P.M. Tuesdays

Our ukulele lessons are the perfect
opportunity to discover the joy of playing
this beautiful instrument.

Class starts February 18, 2025
Space is limited

Contact: Ellen Suffern
ellensuffern@wavecable.com

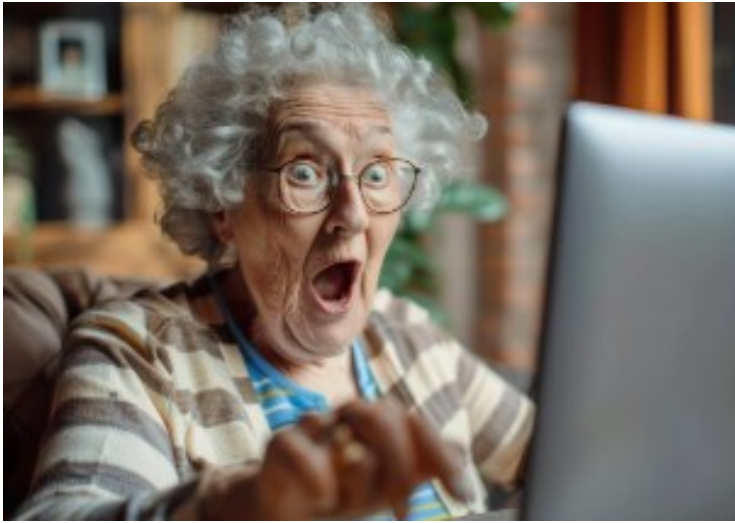
Free to Camano Center Members

camanocenter.org

An illustration of musical notes and a treble clef. The notes are black and the treble clef is black. The notes are floating around the neck and headstock of the ukulele. The background is white with a large orange shape in the top left corner.

What's Age Got to Do With It?

Restart — Refresh — Reinvent



"If It Ain't Broke" – Sonny Cleveland

<https://www.youtube.com/watch?v=onE8-5UDdE>

Let's, instead, decide on a good, workable, efficient way to do something, learn it well, put it to good use when needed, and spend all that time we keep having to devote to reinventing the wheel as it were to something more worthwhile than backtracking and starting over every time we want to do something basic and necessary. Enough already!

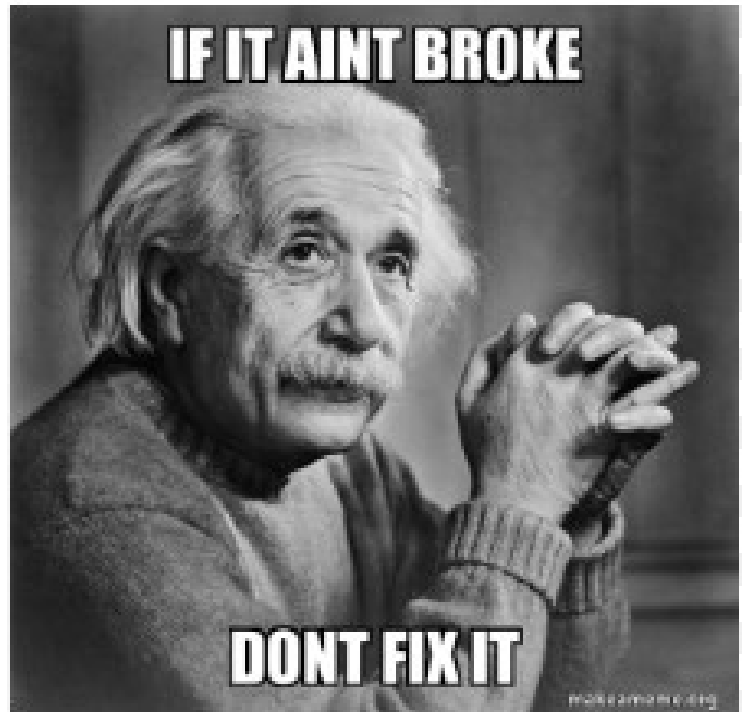
Well, I thought I had a good start on this month's column, but it's lost somewhere in my new computer, never to be found again, I fear. Knew how to find things on my old computer, easy peasy. Now it's all hidden in some strange and obscure place in there or out there...who knows where? Enough time wasted on trying to find it. Time to start over.

Ever wonder how many restarts we have left in us? Sometimes I feel like mine are almost all used up, and wonder where that leaves me for the rest of my time here on this rapidly becoming unrecognizable earth.

"Over and Over" (1958) Bobby Day

<https://www.youtube.com/watch?v=kdboU4i7x7k>

Because nothing seems to stay the same long enough to get used to it and feel like we know how to manage it. I've always been glad to learn new things, but having to keep starting over on things already mastered because someone came up with yet another "new and improved" way of doing them is, quite frankly, getting old. Speaking of old, the old adage, "If it ain't broke, don't 'fix' it." needs to make a strong comeback.



"The Wheel" Jerry Garcia 1972

https://music.youtube.com/watch?v=cig82_aGmTg

*"To **reinvent the wheel** is to attempt to duplicate—most likely with inferior results—a basic method that has already previously been created or optimized by others.*

The inspiration for this idiomatic metaphor is that the wheel is an ancient archetype of human ingenuity (one so profound that it continues to underlie much of modern technology). As it has already been invented

and is not considered to have any inherent flaws, an attempt to reinvent it would add no value to it and be a waste of time, diverting the investigator's resources from possibly more worthy goals."

https://en.wikipedia.org/wiki/Reinventing_the_wheel

"The metaphor 'don't reinvent the wheel' is commonly used to save us both time and redundant efforts.

There's no need to put energy into reinventing something that already exists and works well: that problem has been solved in the past, let us now focus our attention on more necessary topics. On a tactical, day to day level, I wholeheartedly agree. I am usually in favour of a buy-not-build approach, finding efficient and proven solutions to everyday issues. This is the beauty of not reinventing the wheel."

<https://www.linkedin.com/pulse/why-reinventing-wheel-both-necessary-enough-brigitte-lawler>

"The Times They are A-changin'" Bob Dylan

https://www.youtube.com/watch?v=90WD_at56eE

While we are at it, I want to demand back every wasted hour of life spent trying to get technology to work as needed, not as imagined by some fool with nothing better to do than waste my time!

Connie Johnson

CSSA Board Secretary



~2025~
Friendship Teas
"Bring a Friend – Make a Friend"
10:30-11:30
First Tuesdays
Camano Center

January 7
February 4
March 4
April 1
May 6
June 3
July 1
August 5
September 2
October 7
November 4
December 2

Call CONNIE (360) 652-7211 for more Information

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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
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(360) 387-0222