

Camano CONNECTIONS

March 2025

*Community Lunch is served Monday,
Wednesday & Friday at the
Camano Center in partnership with
Island Senior Resources*

March Highlights

Executive Director's Report

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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

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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

January 11– February 10

Appreciation:

Anonymous Donor—Tech Tuesday
Anonymous Donor—Tech Tuesday
Anonymous Donor—Medical Closet
Anonymous Donors—2nd Chance Thrift Shop
Grace Au—Medical Rides
Pat Clark and Carol Hoeksema—Medical Rides
Marlene Kennedy—Medical Rides
Lakeside Industries— In Honor of Tony & Pat Vivolo Company Match

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John and Bonnie Fragomeni—Mike Heacock
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Erika Saunders—Mike O'Brien
Joan Schrammeck—Mike Heacock
Jean and Robert Teague—Mike Heacock
Bill and Patricia Vermilye—Mike Heacock

Restricted:

Terry Benham and Ellyn Thoreen—Old Friends Club

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: Dave Hetteen, Mike Pritchard, Karen Fuller, David Stellrecht



CAMANO CENTER & 2ND CHANCE THRIFT

Executive Director Report for Board of Directors

February 2025



Past 30 Days:

- Glass Quest will end Sunday the 23rd. Lots of positive feedback from the Chamber and the public who come out to find the clue balls. We hid 5 again this year which seems to be a manageable amount for us. It has posed some parking struggles for us with events and daily happenings, but exposure of the center seems to be a good trade off.
- Aging Mastery Program has sadly announced their intent to cease offering licensee's the option to teach the class after 2025. Karen is looking into some other options we will be investigating. We may partner with Anacortes Senior Center to investigate options since they have a very robust AMP program and alumni group. This is a very disappointing turn for us.
- Our partnership with Camano Library's 10th Anniversary celebration was a great success in offering book club information and library facts. Connie and her Friendship Tea group were big supporters in the event and worked very hard on this. Over 100 attendees came to have a great "high tea" meal and learn about the library and the center.
- The outpouring of positive comments continues since we sent out the Camano Center Guide. Multiple memberships have resulted, and awareness of what we do is getting out there! Some donations have come in from the mailer, but not too many (but fundraising was not the goal). The guide has been a great tool for going out to marketing, volunteer and ED networking meetings.
- The roof project is about 90% complete. Gutters will be the next stage. The electrical issue has been fixed by Esary and Dahl Electric.
- AARP taxes started this month and will run through April.
- Notary services have been provided to 4 individuals this month.
- The CARES team has been working hard for the past month in applying for grants to fund the project. The fire department is very committed to supporting this important service. We are able to be the fiscal sponsor and apply for grants that support the mission of both entities, so funds can pass through the center to the fire department. We have the Stanwood Camano Community Foundation and Community Foundation of Snohomish County helping to walk us through this. It seems the ACH (accountable communities of health) grant is on permanent hold for now since it's federal.
- Commercial Fire Protection has not given us a bid for the repairs on our sprinkler heads in the Sundin room. They did come out and have to look at one that developed a leak. They assure me a fix is coming soon. 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.
- Mickolsen Corporation (septic designs) from Whidbey is working on a smaller system that can replace the Aquatest Nibbler product. We should have a bid by mid-March.
- Ken is helping me review the 2 bids we have on the new outside freezer/fridge unit. A few questions have been posed to each of the companies, and we should be moving forward with one soon.
- The Foot Clinic team (2 individuals) have become Business Members after we met with them to discuss the arrangement of their room usage. No further actions until membership needs renewal.

- Met with Michael Dame to discuss our 2023/2024 tax return. Things look good and the draft for us to review should be complete within a week or two.
- Next week Cheryn Weiser from Island Senior resources will be meeting with me to discuss updates and get reacquainted since she has stepped back into the ED role in Michele Cato's departure. Update to follow afterwards.
- Succession planning for my role has started. I have met with CFSC and SCAF to get tips and tools on the best method to start tracking all my job and how things can be covered should I need to be out. This will be helpful to next ED in the future.
- Strategic Planning for 2025-2028 has begun in the form of a small board committee to flush out major issues prior to actually going through the process with a facilitator. I am working on choosing dates and booking the venue, also talking with several facilitators to hire that are from outside our area.
- Washington Energy completed the duct cleaning on the entire building. This is a 5 year maintenance plan to ensure the effectiveness of our heating and cooling.
- Met with Dan Abshire who is our Mental Health Counselor on the island and also represents the American Legion Veterans, to discuss collaboration on a grant to help our senior veterans.
- Old Friends club has 2 new assistants to Tina, replacing Christy whom has taken a new job. Tuesdays will be Sheri Standley who is a retired Hospice coordinator and trainer, and Thursdays will be Patricia Holmes who is an active RN. We are excited to have these two women join us with such amazing skills. Christy will stay on as an on call and extra coverage for vacations and illness.
- A fire hydrant was hit on Camano Hill road that has drained the water system we are on. This means we must boil any drinking or washing water. Unknown how long this will take to fix so I purchased 10 gallons of distilled water. We can all take home and fill until the "mandatory boil" is finished.
- **Rentals this past 2 months:** Celebration of Life, HOA meeting, Taste Buddies, Wrestling Banquet
- **Non-profit meeting space:** Blood Drive, CAA meeting, Glass Quest headquarters, Friends of the Library celebration
- **Executive Director participated in the following Partnership/Collaborations:** Opportunity Council of Whatcom County, Warm Beach Retirement, Camano Fit, Embarc Fitness, Camano Shop, Island County Falls Prevention Coalition (ICFPC), SCAF, Community Coalition of Stanwood-Camano, WA Dept of Commerce, Community Foundation of Snohomish County, Cascadia Renewables, CIFR, NWRC, Camano Chamber, Stanwood Camano Food Bank, Executive Director groups, and Dan Abshire- American Legion.

Thrift Store update:

- Average Customer spend for February to date \$11.82.
- Average Daily gross in sales for February to date is \$2,986.
- Two snow days prevented us from opening this month, which has become standard in the month of February.
- Tom has completed the storage area off the back of the furniture barn so we can store our empty containers. He has also put gravel in the area to help with the drainage. This has added a parking space for Sylvia or Nicole to use and block off for customers.
- Austin's-Lend Hand met with Ken and Tom to discuss relocating the smallest shed to the back of the new barn to utilize for an overflow of furniture (not for customers to go in) and this will free up 2 more parking spaces.
- To date, the small changes we're making without any rule/property rules broken, have increased our parking by 6 spots.
- Sylvia and Nicole went on a road trip to meet the manager of the Edmonds thrift store to see how they process and run their very successful store. They found many similarities and both organizations learned some things! We will be working on plans to implement new ideas.

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.

How to Join Old Friends Club

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.

We encourage you to 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.

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.

Camano Center Offers a New Service to Enhance the Health and Well-Being of Older Adults



The Camano Center is one of ten senior centers across Washington selected to participate in a statewide pilot program offering **BetterAge**, a new assessment tool designed to measure and enhance the health and well-being of older adults. Participants receive a comprehensive health assessment (via digital or paper survey), personalized recommendations for healthy aging, and a monthly opportunity to win \$100. The service is completely free and confidential.

The four-month pilot project is supported by a grant from the Washington State Department of Social and Health Services.

“BetterAge is designed not only to provide organizations with actionable insights to improve services and programs but also to help individual older adults enhance their health and quality of life,” said James Firman, Chief Innovation Officer for BetterAge. “After completing the confidential, user friendly 7-10 minute assessment, participants receive tailored recommendations targeting the areas they choose to improve.”



Through this initiative, we anticipate learning more about how the Camano Center can empower older adults to take charge of their overall health and discover new opportunities for engagement, connection, and care.

To learn more about the BetterAge tool or to complete your own 10-minute assessment, visit the Camano Center booth at the 55+ Resource Fair. We will also be sending out an email to Camano Center members with a survey link sometime next month that you can use to complete the survey at home.

For additional information, please contact:

Karen Conway, Program Director

360-387-0222

kconway@camanocenter.org

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.

March Lunch Entrée

3	Mon	Chicken Dijon
5	Wed	Shepherd's Pie w/Ground Beef
7	Fri	Tomato Basil Soup
10	Mon	Ham & Broccoli Quiche
12	Wed	Herbed Pork Chop
14	Fri	White Turkey Chili
17	Mon	St. Patrick's Day Reservation Lunch
19	Wed	Tai Chicken Curry
21	Fri	Lentil Minestrone Soup
24	Mon	Loaded Baked Potato
26	Wed	House Made Meatloaf
28	Fri	Beef Hot Dog
31	Mon	BBQ Pork Mac & Cheese

**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 strawberry chicken salad 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, Gilbertson Funeral Home and Cremation Service, 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

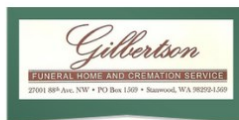
Maintain Your Brain

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

Snohomish Conservation District

All About Gooseberries

Wild, thorny, and reaching, native Gooseberries harken the promise of life in early spring to birds and insects. Commercial Gooseberries offer the same with early clusters of intricate flowers enticing the bees out of hibernation. In summer, translucent lanterns of fruit offer complex flavors in the field and in the kitchen.



Native Varieties

Gooseberries are in the genus *Ribes* and there are around 50 species native to North America with 30 native to the Pacific Northwest. Coast Black Gooseberry (*Ribes divaricatum*) has the best flavor of the PNW native Gooseberries and is one of the parent plants to the cultivated Jostaberry. Native edible

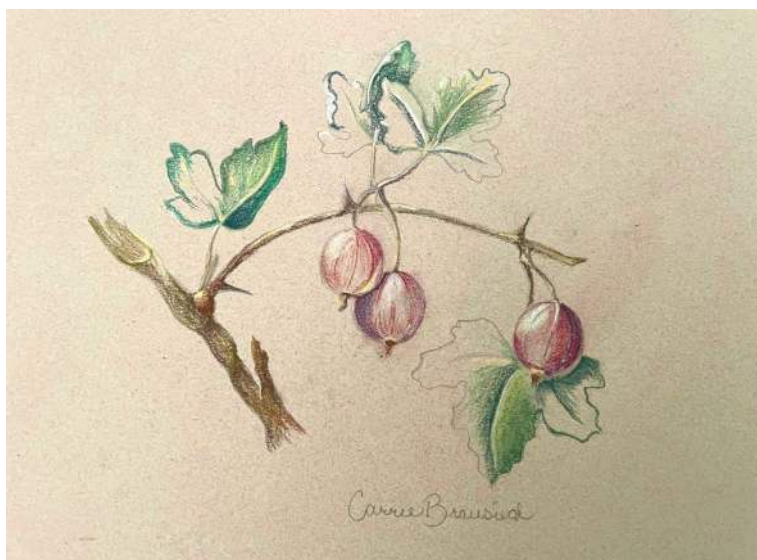


© Susan McDougall

Gooseberries are small, black in color, and offer a pleasant sweetness accompanied by a tart/acid balance.

Commercial Varieties

Commercially, there are two Gooseberry types: American (*Ribes hirtellum*) and European (*Ribes uva-crispa*). American cultivars are more resistant to mildew and more productive, but the fruit is smaller. European cultivars tend to have larger, more flavorful fruit (Cornell University, 2019). Commercial Gooseberries can be found in hues of white, yellow, green, and red. They **pop** in the mouth like a grape and are full of juice ranging in sweet, sour, and tart flavors.



An illustration of a gooseberry branch. done by former SCD Agroforestry Program manager Carrie Brausieck

Relationships & Planting Conditions

Gooseberry flowers early in the spring, providing an important food source for Hummingbirds, adult Butterflies, and native Bees. Birds such as Grosbeaks and Cedar Waxwings eat the berries as they ripen in summer.

Gooseberries grow in wet, well-drained soil at forest edges, under trees, or in areas of partial dappled shade. Whether native or commercial, this plant lends itself to agroforestry systems through its preferred relationship with trees.

Maintenance

For commercial varieties, pruning is one of the most important practices to allow good air circulation (preventing powdery mildew) and to improve fruit production.

Marketability

Gooseberries are shelf-stable and aesthetically pleasing, lending themselves well to farmers' markets and store displays. They keep well frozen and can be processed into jams and jellies, juice, wine, and even yogurt (Bratsch & Williams, 2009).

Listen to [The Gooseberry Song](#), written and performed by SCD Communications & Marketing Specialist Natalie Nelson!

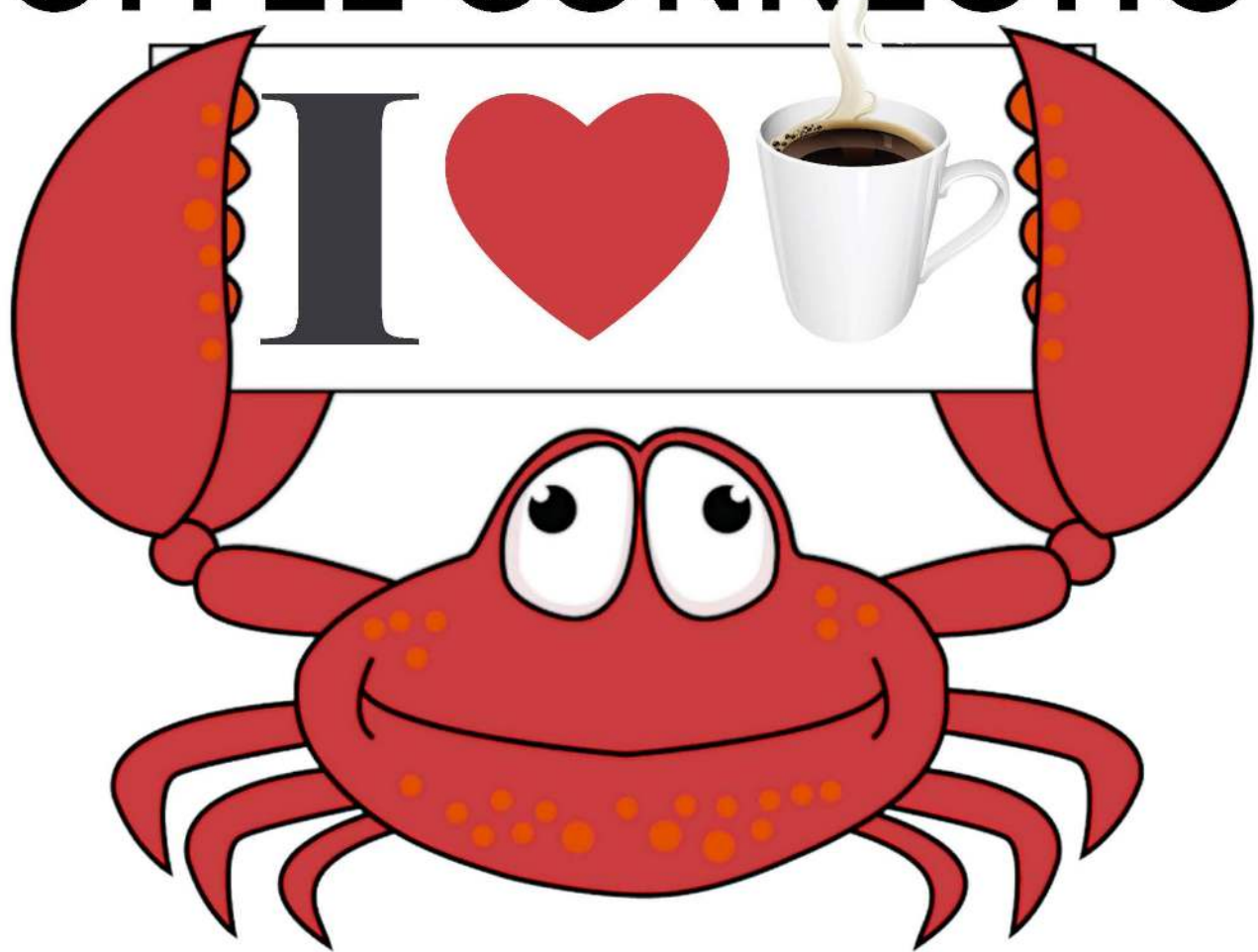
Some of the content above is taken from these Gooseberry resources : [Ag Marketing Resource Center](#) and [Native Plants PNW](#).

Curious about food forests and forest farming? Visit our [Agroforestry Program web pages](#)!

by Jessica Paige
Snohomish Conservation District



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**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](https://www.camanocenter.org) at [camanocenter.org](https://www.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

Open to all crafters.

Work on your own project or work on disaster quilts. Fabric provided for disaster quilts.

Contact: 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

Tuesday and Friday Paint are an all medium paint community. Contact: Kitty Tanji (425) 985-1319 (text only), (360) 572-4123, email: dragoes@me.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

Hero Quilters

3rd Wed

10:30-3:00pm

Location: Craft Room

Contact: Sharon Szekely

sharonsseams2b@yahoo.com

The Stanwood-Camano Hero Quilters make patriotic quilts for wounded soldiers. We have fabric & patterns available for those with sewing experience

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





Join Us For **CRIBBAGE**

Tuesdays 1-4 p.m.

**Participation in Camano Center
activities is free to members!**

Contact: Bill Coons (206) 825-3727



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: Bill Coons

(206) 825-3727

Hand & Foot Canasta

Every Wed

12:30-3:30pm

Canasta is a lot of fun. Don't know how to play? We will teach you!

Location: Education Room

Contact: Pat Bass

(415) 283-7929

Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

Contact: Mike Bloom

(425) 971-1379

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. That's all you have to do. Volunteers manage all donations of current fiction and non-fiction *hard back books*.

Coffee Connection

All Weekdays

9:00-2:00pm

Location: Library

Join us in the library to 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 members!

Friendship Tea

1st Tue

10:30-11:30am

Location: Education Room

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

Join us for tea, treats, and a nice visit with friends, on the first Tuesday of each month.

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

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? This month we hear from Mark and Vicki Dodge, who traveled to Peru on several occasions, bringing back iconic, award-winning images of

(Continued on page 21)

(Continued from page 20)

Peru and the Peruvian people.
Questions or if interested in
presenting one of your trips, call
Mark Kraus.

Contact: Mark Kraus
(425) 503-9072

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 has started. Contact
Ellen Suffern if you are interested
in future Ukulele classes.

ellensuffern@wavecable.com

Music Group

Every Tue
1:00-3:15pm
Location: Jensen Room

We play specifically, vocal music
with accompaniment &
instrumentals.

Contact: Robin Widoff
(707) 312-1112

Classic Country & Folk

Every Thu
2:00-3:45pm
Location: Jensen Room
We play classic country music with
a smattering of folk songs.
Questions are welcome.
Contact: Lois
(206) 235-3123

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. Most
acoustic instruments are suitable.
Contact: Jack Rensel
(360) 631-6538 or
Tim Spencer
(360) 572-4804

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
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.

Line Dancing Class

Every Wed
3:00-4:00pm
Location: Sundin Room
At our Line Dancing Lessons, we're
all about fun and fitness rolled into
one awesome experience!
\$10/person or \$8/Members
Instructor: Kari Dziejwiontkoski
(206) 375-4151

Get Smart *Computer & Phone Help*

Tech Tips

Every Tue
10:00-12:00pm
Location: Library

Stop by or call the front desk
(360) 387-0222 to schedule an
appointment for one-on-one
assistance with Wanda Hill.

Learn about: Windows operating
system, MS Word, Excel, and
Outlook. General questions
welcome. Sorry no Macs or phones

Macbook and iPad/iPhone Tutoring

1st & 3rd Wed
1:00-2:30pm
Location: Library
Need help using your Mac laptop,
iPad or iPhone?

Sign up for a 30 minute private
Q&A / tutoring session. All
questions welcome! Email Joyce to
sign up fact@msdeadlines.com.

What's Age Got to Do With It?

BEING – NOT DOING

"Those who are wise won't be busy, and those who are too busy can't be wise." — Lin Yutang

How easy it is to get so caught up in wanting to make a difference, support a good cause, or just plain help others that we get ourselves so overbooked that it can negatively affect our own well-being. Having just come down from yet another lofty attempt to meet the aforementioned goals, I find myself once again seeking the wisdom NOT to do that to myself again.

What really brought it into focus was a kindly email reminder that I had missed the deadline for this

column. Sat down at my computer and googled "Too Busy" in hopes of some quick inspiration. So glad I did. Turns out, there's actually something called "The Unbusy Movement." Here are some excerpts from various blogs, quotes, and other writings on that very topic. But first, a song to set the mood...

(Sittin' on) The Dock of the Bay –
Otis Redding (1968)

<https://www.youtube.com/watch?v=rTVjnBo96Ug>

One of the biggest payoffs for me when I decided to retire was the chance to wind back on my

commitments and to spend less time "doing" and more time "being". I loved the idea of being un-busy and avoiding being over committed and stressed all the time.

My friends who like a quiet life totally get where I'm coming from and are hugely supportive, but for others, there's a sense of wanting to accomplish as much as possible with the extra time they've been given, and not wasting it by letting it unproductively slip by - and they want to "help" me to do the same.

What hurts my heart though, is the subtle criticism that leaks through from those who see being un-busy as being lazy, or boring, or less-than.

You be as busy as you like, and I'll cheer you on, and I'd love it if you could cheer for me too - instead of assuming I'm at risk of becoming less of a person because I don't have a bucket list that I'm working my way through. We should be each other's cheer squad, not mean girls judging each other's choices. Let's all be careful about how we look at what others are doing (or not doing) and try to support them all the way.

Maybe self worth is not defined
by how we fill our space and
time but by the fact that we don't
have to. ... The beauty of my
life, and yours, is where we
create negative space to inspire
positive outpourings of
ourselves.

“

Retirement is wonderful.
It's doing nothing without
worrying about getting
caught at it.

GENE PERRET

Stop the glorification of busy.

Busy, in and of itself, is not a badge of honor.

It's okay not to be busy.

<https://www.facebook.com/BecomingUnbusy/>

Consider this Helpful Guide to Becoming Unbusy:

1. Realize that being busy is a choice.
2. Stop the glorification of busy.
3. Appreciate and schedule rest.
4. Revisit your priorities.

5. Own fewer possessions.

6. Cultivate space in your daily routine.

7. Find freedom in the word, “no.”

*Busy does not need to define you. Unbusy is possible.
It's okay to be happy with a calm life. And doesn't that
sound wonderful right about now?*

Repeat this with me:

It is okay not to be busy.

--Josh Becker

<https://www.becomingminimalist.com/un-busy/>

Do Your Own Thing – Brook Benton

<https://www.youtube.com/watch?v=p0RBMU1nBE>

Connie Johnson

Board Member

~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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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