

May 2025

WE NEED YOUR FEEDBACK!



PLEASE HELP OUR BOARD
OF DIRECTORS AND
LEADERSHIP STAFF WITH
OUR UPCOMING STRATEGIC
PLANNING.

[TAKE SURVEY](#)

May Highlights

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Move Your Body, Boost Your Brain

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*The Camano Garden Club members Nan
and Idonna and Camano Center's own
Al keep the Camano Center gardens
looking spectacular.*

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

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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

March 11– April 10, 2025

Appreciation

Anonymous Donors— 2nd Chance Thrift Shop
Anonymous Donor— AARP Taxes
Jo Anne Burklund— Medical Rides
Cliff Lindman & Elizabeth Christiansen— AARP Taxes
Pat Colvard— Old Friends Club
Jane DeLashmutt— Medical Rides
Kristy Ewell— St. Patty's Day Lunch
John and Karen Selle— AARP Taxes
Sole Somers— St. Patty's Day Lunch

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In Memory

John and Linda Hadley—Dick Tilschner

Restricted

Anonymous Sponsor— Women's Expo Sponsor
Stanwood Camano Area Foundation Re/Max Grant—
Medical Transportation

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](#) for more information or call the
Camano Center (360) 387-0222

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: Peggi Moxley & Mary Kay Branch



CAMANO CENTER & 2ND CHANCE THRIFT

Executive Director Report for Board of Directors

April 2025



Upcoming Events

- | | |
|---|--|
| 4/27 Linda White Memorial | 4/30 Chief Yengoyan's farewell event
(by Mabana Flames) |
| 4/29 Volunteer appreciation Party 2pm-4pm at
Camano Center | 5/17 Women's Expo |
| | 6/21 Summer Solstice Bazaar |

Past 30 Days:

- Camano 101 had over 100 people attend and the feedback was all very positive. Vendors all enjoy talking to each other and networking throughout the day.
- Our newest program that will reside within the CARES program, is our Camano Helping Hands program which will fulfill needs that Leah identifies after visiting homes. We are partnering with Opportunity Council in Whatcom county since they have the NWRC contract to service Island county (same as what ISR has for nutrition) for their Chores Program. They will pay for any needs identified if they are low income. All other chores will be taken care of by Camano Helping Hands. We held a volunteer information session to explain the program and get interested participants signed up. We will start searching for grants and fundraise for this program in the near future.
- The CARES team has been applying for grants to fund the project. We are the fiscal sponsor to pass funds through to the fire department when applicable.
- The Camano Shop published their first Camano magazine. We have a few copies at the Center for reading. They did a great job with it and our feature is amazing!
- Our semiannual hood cleaning requirement in the kitchen has been completed.
- Strategic Planning for 2025-2028 is on track. Preplanning has been occurring with a small group of board members.
- Our partnership with Dan Abshire/American Legion to offer technical support for computers and phones is closer to being a reality. We will be advertising soon in the Crab Cracker and on our social media platforms to recruit community members. Funding is through a grant Dan has secured.
- Our volunteer-led Powerful Tools for Caregivers will have its first class offering running June 19-July 31st. Judith Shoudy and Kris Kappel have taken courses to become certified in teaching this very important course.
- Our Better Age affiliation is coming along. We have collected over 130 surveys and reviewed the data with the organization. Some of this information will help us in strategic planning for our future.
- The survey our Board committee has created for further strategic planning information, will go out soon to all email addresses we have in our system. Cindy is excited to get the data into a usable format for us all.

- The Stanwood Camano Lions Club invited me to their April meeting to share what is happening at the Center. They presented us with a donation at the end of the meeting which was a wonderful surprise! The group were largely from Camano which was nice to see some familiar faces, and to meet some new ones.
- We will be hosting a farewell party event for the community to wish Chief Levon Yengoyan well in his “retirement” from Camano Island Fire & Rescue. This will be held from 6-8pm on April 30th here in the Sundin room.
- Fire Mountain Solar has finished re-installing the old solar panels. Once the new solar project is complete, they will be tied in together.
- This month I will participate on a panel discussion Town Hall Meeting with Janet St Clair regarding federal threats to our health and human services safety nets. This will be virtual.
- **Rentals this past 2 months:** Medicare 101 (2 meetings), Camano Shop Board meeting, Taste Buddies, Wedding reception, Memorial, HOA meeting
- **Non-profit meeting space:** Blood Drive, CAA meeting, Chief Yengoyan Retirement party, Camano 101
- **Executive Director participated in the following Partnership/Collaborations:** Opportunity Council of Whatcom County, Warm Beach Retirement, Camano Fit, Camano Shop, Island County Falls Prevention Coalition (ICFPC), SCAF, Community Coalition of Stanwood-Camano, Community Foundation of Snohomish County, Cascadia Renewables, CIFR, NWRC, Camano Chamber, Stanwood Camano Food Bank, Executive Director groups, Puget Sound Public Farms, American Legion, Lions Club, Jim Firman/Better Age

Grants Open and Pending

Grants	Amount and Status	Designated for
Paul Glaser Foundation	Applied for \$10,000	Old Friend’s Club
HRSA- Health Resources and Services Association	Applied for \$250,000	Partnership with Camano Fire for CARES
Olson Foundation	Applied for \$75,000	CARES Chore program
Olson Foundation	Applied for \$75,000	Transportation
Coastal Community Bank	Applied for \$10,000	Walk in fridge freezer

Thrift Store update:

- All-Volunteer meeting was very well attended at the thrift shop. Nicole took notes and plans to send them out to all volunteers. What a great group of people!

Bonnie Eckley,
Executive Director

Saturday, May 17, 2025
10am - 4pm



Women's Expo

The Camano Center
606 Arrowhead Road, Camano Island

HEY LADIES!

Grab your friends and treat yourselves to a day of fun!

- ***Free Admission***
- ***Retail Therapy***
- ***Delicious Eats***
- ***Refreshing Sips***
- ***Amazing Raffles***
- ***Empowering Vibes***
- ***Woman Focused-Resources***

Empowerment Sponsor



Inspiration Sponsor



Elevate Sponsors



Photobooth By:





HOLD YOUR HORSES!

More Information Coming Soon!
19th Annual Gala Auction
Benefiting the Camano Center

SAVE THE DATE

September 27, 2025



Gala LIVE Auction Donation Wish List

Unique Experiences

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

Home & Garden

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

Sports & Equipment

- Water Sports (Kayak, Stand Up Paddleboard)
- Autographed Sports Memorabilia
- Tickets to Sporting Events (Kraken, Seahawks, Mariners, Sounders, Storm)

Dining & Entertainment

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

Personal Items

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

Programs, Services, & Partnerships Helping Older Adults

Meet Our New Team Members



Sheri Standley
OFC Tuesday Assistant



Pat Holmes
OFC Thursday Assistant

We're excited to officially welcome two wonderful additions to our Old Friends Club team! Sheri, who began volunteering in September, joined us

as our Tuesday program assistant in January. Pat came on board in February as our Thursday program assistant. We're so grateful to have their unique talents and caring hearts enriching our program each week!



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

Move Your Body, Boost Your Brain!

Presentation by Traci Smith,

NASM Certified Personal Trainer and Senior Fitness Specialist



Wednesday, May 21
1:30 pm - 2:30 pm

at the Camano Center, 606 Arrowhead Rd.
RSVP to 360-387-0222



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- Learn how regular exercise supports brain health and lowers dementia risk.
- Explore the physical, cognitive, and mental health benefits of movement.
- Get practical tips, at-home exercises, and local resources to help you stay active.

2025 Program Schedule

GRIEF TO GRATITUDE

STORIED PASTS



**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
Monday, June 2nd

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.



Foot Care Clinic

Provided by D & L Essential Services

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!

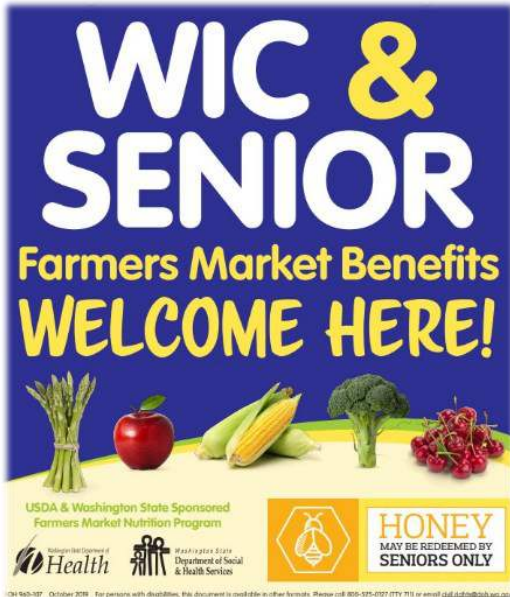
SPONSORED BY:



2025 Senior Farmer's Market Produce Debit Cards



CamanoCenter
Get connected.



The Senior Farmer's Market Nutrition Program (SFMNP) is a "Win-Win" program, which benefits both low-income seniors and our local farmers! Local farmers sell more produce and seniors who otherwise could not afford it are able to purchase organic, fresh fruits and vegetables as excellent supplementation to a healthy diet.

A list of participating authorized farmers markets and farm stores will be posted when available on the [ISLAND SENIOR RESOURCES](http://www.island-senior-resources.org) website (late May) and a list will accompany distribution of debit cards.

Eligible low-income seniors will receive a 2025 SFMNP debit card worth \$80 to purchase fresh fruits and vegetables at authorized farmers markets.

Who Is Eligible? Need to meet all three criteria:

Island County Resident

AGE : 60+ for non-Native Americans, 55+ for Native Americans

Income : Up to \$2,413/ month for 1 person

Up to \$3,261/month for 2 people

SFMNP 2025 Distribution Dates at the Camano Center for Camano Island:

The Camano Center is helping Island Senior Resources distribute the 2025 Senior Farmer's Market Produce Debit Cards for residents of Camano Island. Affidavit/applications are available now at the Camano Center and [online](http://www.island-senior-resources.org).

Distribution Dates

Tuesday, May 6 from 9:30am-2pm at the Camano Center

Friday, May 9th, from 9:30am-2pm at the Camano Center

Friday, May 30, from 9:30am-2pm at the Camano Center

No appointments needed. Sign in at the front desk on May 6th, 9th or 30th. Complete an affidavit/ application and wait for your name to be called. You will meet with an Island Senior Resources employee to review your application. Have identification ready. You will receive your debit card the same day.

Debit cards and funds are limited. If you cannot attend one of these distribution dates contact Debbie Metz with Island Senior Resources (360) 321-1600 about your options.

Are you new to **computers**,
internet browsers, **social media**,
or frustrated by
technology in general?



TECHNOLOGY ACCESS PROGRAM

sponsored by the Camano Island American Legion
and Camano Center.

Come join us for a 4-week series on Fridays, 10:00-11:30am,
May 16 - June 5, at the Camano Center to learn the basics of safe and
effective technology use.

Sessions will include technology basics & communication, accessing
important services, online banking, shopping, everyday tasks, and
staying safe online.

**Call the Camano Center
at 360-387-0222**

to sign up now. Bring your own laptop.
Don't have one? Ask about options—
devices may be available for
income-qualified participants.



CamanoCenter
Get connected.

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 \$40/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.

Senior Serve

Stanwood-Camano Food Bank

Senior Serve is a free appointment-based food distribution for anyone in need of food age 60+.

We are open for Senior Serve every Thursday from 11am-12pm.

Please sign up online before your first visit to the Food Bank. If you haven't visited the Food Bank in over a year or your household situation has changed, please fill out the sign up form again. Sign up for services [here](#).

Yes, appointments are required for shopping at Senior Serve. If you do not have access to a computer or cell



phone, you can sign up or schedule an appointments using the **public computers** at the local Sno-Isle Libraries, both in Stanwood and on Camano Island.

**The Stanwood Camano Food Bank is located at
27030 102nd Ave NW Stanwood, WA 98292**



**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.wa.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.

May Lunch Entrée

2	Fri	Mushroom & Swiss Strata
5	Mon	Taco Salad w/Ground Beef
7	Wed	Roast Turkey w/Gravy
9	Fri	Caprese Sandwich
12	Mon	Beef & Broccoli Stir Fry
14	Wed	Chicken Parmesan w/Marinara
16	Fri	Panzanella Salad w/Chicken
19	Mon	Macaroni & Cheese w/Bacon & Onion
21	Wed	Chicken Curry w/Onions
23	Fri	Meatloaf w/Ground Beef
26	Mon	Meal Site Closed
28	Wed	Beef Stew
30	Fri	Chicken Salad on Croissant

**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.

Powerful Tools for Caregivers – offered at the Camano Center in June and September

Are you (or someone you know) feeling stretched in your role as a caregiver? Caregiving can be stressful—physically, emotionally, and financially. Whether you care for a loved one at home or in a care facility, nearby or far away, your role is important. Powerful Tools for Caregivers is an evidence-based education program being offered at the Camano Center in June and September that will give you tools to help:

- Reduce Stress
- Improve Self-Confidence
- Manage Time, Set Goals, and Solve Problems
- Better Communicate Your Feelings
- Locate Helpful Resources
- Make Tough Decisions

This six-week course consists of one session per week, led by two local, certified and experienced volunteer instructors, Judith Shoudy and Kris Kappel. Each class will accommodate between 6 and 15 caregivers. The Camano Center is thrilled to offer this valuable program to our community, made possible by the dedication of Judith and Kris. Having experienced their own caregiving journeys, they are passionate about giving back and providing meaningful support to fellow caregivers.



Instructors Kris Kappel & Judith Shoudy

Weekly class topics include:

- Taking Care of You
- Identifying and Reducing Personal Stress
- Communicating Feelings, Needs and Concerns
- Learning from Emotions
- Communicating in Challenging Situations
- Mastering Caregiving Decisions

Two sessions will be offered at the Camano Center:

(June/July Session is FULL)

June 19 – July 31 every Thursday (no class Thursday 7/3)

Thursdays, 9:30 am – 11:00 am

(Sept/Oct Session – space available)

September 22-October 27

Mondays, 10:00 am-11:30 am

All classes are held at the Camano Center

606 Arrowhead Road, Camano Island

Class is offered for no fee, pre-registration is required

Contact Karen Conway to register for the class kconway@camanocenter.org or 360-387-0222.

Better Age to Pilot a New Assessment Tool Available Through June

Thank you to all of you that have already completed the BetterAge Assessment! We had a great response of 156 completed surveys so far– the most of any of the Washington pilot project sites! Thanks to your participation, the Camano Center had the unique opportunity to virtually meet with the Better Age team members Mike Webb, the chief data officer, and Jennifer Ma, the data scientist, to analyze the demographic and health data of our 156 survey participants.

A few key health improvement areas identified by our cohort included physical activity, brain health, chronic condition management, and sleep. We will look forward to sharing a summary with a few more highlights next month. If you haven't had a chance to complete the survey, the link below is still active.

Take the assessment by clicking this link:

<https://camano-center.health-wellbeing.betterage.net/getStarted/>

The assessment takes about 7-10 minutes to complete and will generate a well-being report and recommendations. You can use this information as a guide to help you identify strengths, areas for improvement and ways you can take action. If you complete the **Better Age assessment** by the end of June, you'll be entered into a drawing to win a \$100 gift card!



CAMANO CENTER

WILL BE CLOSED FOR MAINTENANCE June 9 – June 13

**Sorry for the inconvenience
We will reopen Monday, June 16th**

Camano Center

SUMMER SOLSTICE ARTS & CRAFTS FAIR

Presented by Camano Center
& Camano Sue's Art



**SATURDAY
JUNE 21
9AM TO 4PM**



**YARD ART • JEWELRY • METAL ART • POTTERY • WATERCOLORS
FABRIC ART • PHOTOGRAPHY • AND MORE**

CAMANO CENTER | 606 ARROWHEAD ROAD | CAMANO ISLAND

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](#)

[Anthony Castiglione eXp Realty](#)

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[Camano Island Dental Center](#)

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[Right At Home](#)

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[Stanwood Hearing](#)

[Stanwood Lions Club](#)

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

[The Camano Shop](#)

[The Gilroy Law Firm](#)

[Vidor & Associates, Inc.](#)

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

Activities and Hobbies

At the Camano Center

**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](#).

Get Creative *Art & Sewing*

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

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

Mending Hearts Quilting Group

1st & 3rd Mon

8:00-12:00pm

Location: Craft Room

Mending Hearts meets on the first and third Monday of the month. Open to all crafters. Fabric provided for special projects.

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. We have fabric & patterns available for those with sewing experience.

Contact: Sharon Szekely
sharonsseams2b@yahoo.com

Get Strategic *Cards & Games*

Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

We play Standard American bridge system in our bridge group. Playing with money is not required. More Information [here](#).

Contact: Mike Bloom
(425) 971-1379



USE YOUR SEWING SKILLS AT MENDING HEARTS

Join Mending Hearts as we sew tote bags for young mothers. We provide the materials and instruction. Bring your sewing machine and basic sewing tools.

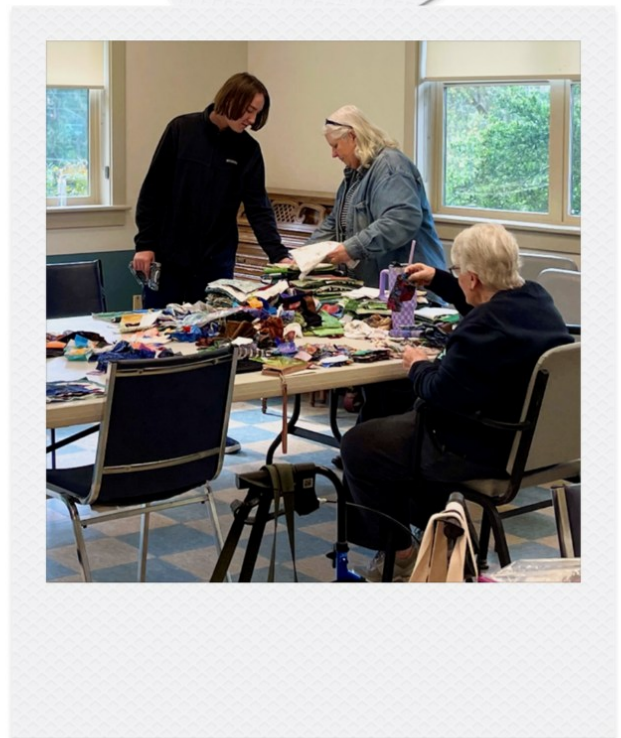
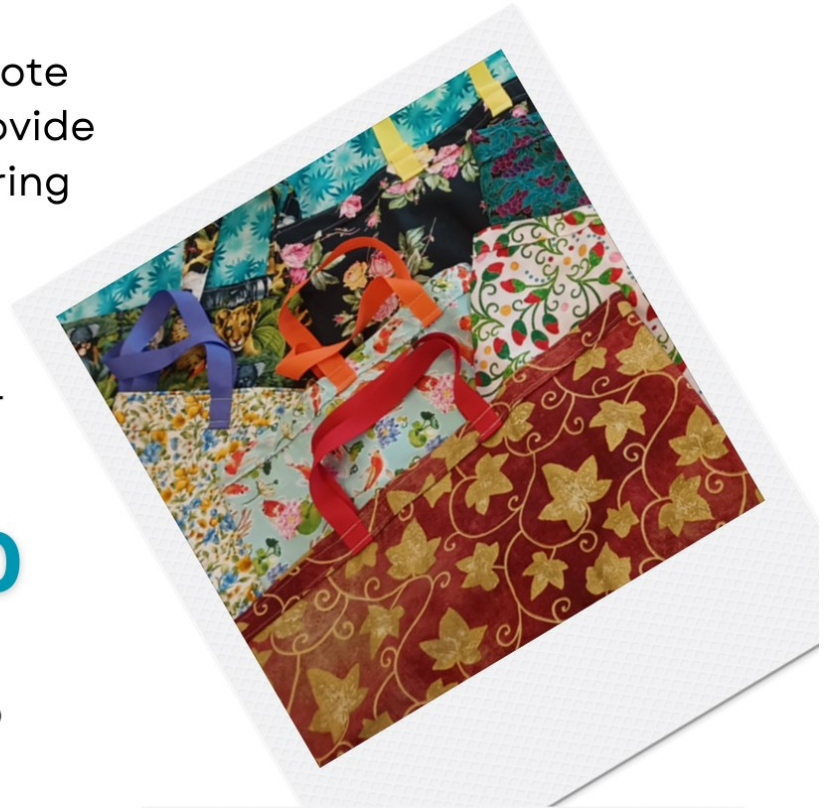
Project skill level: Easy/Beginner

MONDAY, JUNE 30

Mending Hearts is a social group that makes quilts and totes for donation. We meet the first and third Monday of the month at the Camano Center 8 am - Noon.

***Activity is free to
Camano Center
Members***

**Call or text Joan (425) 754-6620
if you have questions.**





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. Playing with money is not required.

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! Playing for money is not required.

Contact: Mary Rauch

mjrauch@wavecable.com

or (360) 387-1142

Hand & Foot Canasta

Every Wed

12:30-3:30pm

Location: Education Room

Contact: Pat Bass

(415) 283-7929

Cribbage & Dominos

Every Tue

5/06/25-12/30/25

1:00-4:00pm

Location: Education Room

Both activities share the same room and play at the same time.

Cribbage Contact:

Bill Coons (206) 825-3727

Dominos Contact: Marsha Kessler

mushmouse0813riel@gmail.com

Get Curious *Special Interest*

Camano Center Lending Library

All Weekdays

9:00-4:00pm

Location: Library

Volunteer librarians manage all donations of current fiction & non-fiction *hard back books* and keep it organized for our library visitors.

Coffee Connection

All Weekdays

9:00-2:00pm

Location: Library

Sit and chat with a friend, read a book or work on a puzzle. 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

10:00-12:00pm

Location: Jensen Room

May's presentation is by Michelle Rushworth on her travels through Africa. Contact: Mark Kraus
(425) 503-9072

Get Vocal *Music Makers*

Classic Country & Folk

Every Thu

1:00-3:00pm

Location: Jensen Room

All are welcome. Musicians need to participate in the practice time, even though they may not perform for Old Friends Club.

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.

Contact: Jack Rensel

Come to the Camano Center.

Once you start you can be added to an email contact list.

Camano Ukulele Ensemble

Every Mon

1:00-3:00pm

Location: Craft Room

Contact: Val Schroeder

(360) 387-2236

Music Group

Every Tue

1:00-3:15pm

Location: Sundin Room

Acoustic non-amplified musical instruments We play specifically, vocal music with accompaniment & instrumentals. Types of music: Soft/light rock & roll, Folk, blues, blue grass, country, show tunes, jazz, Hawaiian, easy listening and classical.

Contact: Robin Widoff

(707) 312-1112

Get Active

Exercise & Fitness

Camano Fit & Steady

A strength, balance, and flexibility fitness program for adults 65+. Classes are currently at capacity.



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) and 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? We're all about fun and fitness rolled into one awesome experience!

You'll have fun and learn something new!

Instructor: Kari Dziewiontkoski

\$10/person or \$8/ Members

Get Smart

Computer & Phone Help

Tech Tips

Every Tue

10:00-12:00pm

Location: Library

Wanda is here to offer help you learn more about Windows OS, MS Word, Excel and Outlook. General Questions welcome. No Macs or phones. Call (360) 387-0222 to schedule an appointment. Bring your laptop.

Macbook and iPad/iPhone

Tutoring

1st & 3rd Wed

1:00-2:30pm

Location: Library

Email Joyce to sign

up. fact@msdeadlines.com

Bring a list of 3-4 questions and your Mac laptop or iPad/iPhone.

Technology Access Class

Every Fri

5/16/25-6/06/25

10:00-11:30am

Location: Craft Room

The Technology Access Program is sponsored by the Camano Island American Legion and Camano Center. Are you new to computers, internet browsers, social media, or frustrated by technology in general? Join us for a four-week series to learn the basics of safe and effective technology use.

Call (360) 387-0222 to register.

[More information on page 13.](#)

What's Age Got to Do With It?

Thriving in the Midst of Chaos

These days when so many unimaginable things seem to be coming to pass, it can be all too easy to feel like Mark Twain must have felt when he said this...

"When we remember we are all mad, the mysteries disappear and life stands explained."

Mark Twain

US humorist, novelist, short story author, & wit (1835 - 1910)



The world certainly has taken a turn that can make us doubt our own sanity. It can't really be happening, can it?

This writer shifts the blame elsewhere. Here are some excerpts:

Do You Ever Feel Like the World Has Gone Mad?

Written By Camille Julia

<https://www.becomingfullyhuman.ca/blog/world-gone-mad>

"There are many, many reasons why you would. Turn on the news or scroll through your social media for 5 minutes and at least one absurd story is bound to make your blood boil. Without a doubt: the more time I spend online or plugged into any news source, the more I lose faith in humanity. Something I've realized

recently though, is that the bulk of this insanity seems to be contained to the online world.

Take a step back and think about the last time you really experienced any of the insanity of the online fear-based world in your day-to-day life. I'm willing to bet it dwindles down to significantly less 1%. So, there's your real-world experience vs. the online world experience, and we spend so much time plugged into this cyber-reality that we begin to think our 'real' world has gone mad."

That's what I've noticed most when I connect with friends that I volunteer with at the thrift shop, fellow exercise companions, folks I encounter at monthly Friendship Teas, in conversations with family, shared thoughts on Facebook, in text messages, and even in interactions with checkers at the grocery store.

Obviously, we can't stick our heads in the sand and ignore what's happening in the larger world, but maybe we can exert some control over how all this is affecting us by deciding to respond like this:



WHEN CHAOS COMES KNOCKING AT YOUR DOOR, REFUSE TO ANSWER.

...because...*"In the Midst of Chaos there is opportunity"* This quote by Sun Tzu from 'The Art of War' is true in so many ways.

Camille Julia offers these possible ways to cope with the madness:

Part 1: Heavily filter-out the mainstream fear-based hyperbole being blasted into your brain.

Part 2: Refuse to partake in stoking the fire: no more hate-based comments. Take a breath and really connect with your higher self. Serve the good.

Part 3: Gratitude. This is a trick so simple that most people ignore it, despite the word being plastered everywhere these days. Reconnect with the real world that you live in, find gratitude for the infinite fountain of beauty in life. For the little things. Smile at a stranger, hold the door. Don't underestimate the power that all these little seeds of love are planted in the world. Focus on watering the seeds good that in time will bloom into a forest of wild, unbridled, infinite love.

Obviously, no one has all the answers. Usually, the truth lies somewhere within a variety of opinions and insights. Each of us must decide what makes the most

sense to us, keeping in mind Mark Twain's thoughts on where the source of madness lies.



<https://www.youtube.com/watch?v=vQ5xZhnebMI>

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

CAMANO CENTER'S
2ND CHANCE THRIFT

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