

The Summer Solstice Arts & Crafts Fair was a perfect Pacific Northwest summer welcome.

July Highlights

Annual Meeting Agenda

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2024 Annual Meeting Minutes

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2025 Gala Live Wish List

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HOURS OF OPERATION

Camano Center

606 Arrowhead Road | Camano Island | WA | 98282

(360) 387-0222

Monday – Friday | 8:00 a.m.—4:00 p.m.

2nd Chance Thrift Shop

1335 State Route 532 | Camano Island | WA | 98282

(360) 629-6142

Shopping

Wednesday through Saturday

10:00 a.m. to 4:00 p.m.

Donations Accepted

Thursday through Saturday (No Wednesdays)

10:00 a.m. to 4:00 p.m.



CamanoCenter
Get connected.

camanocenter.org

Board of Directors

Kathy Sanchez | President

Larry Carlstrom | Vice-President

Shirley Swanson | Treasurer

Connie Johnson | Secretary

Paul Foster

Linda Hadley

Jeff Highland

Ken Johnson

Kelly Kraus

Darlene Miller

Michal Scott



CAMANO CONNECTIONS

Camano Connections is published monthly by Camano Senior Services Association, a 501(c)(3) registered organization located at 606 Arrowhead Road, Camano Island Washington 98282. Opinions or issues presented do not necessarily represent an endorsement by Camano Senior Services Association. There is no implied or actual endorsement of any of the advertisers appearing in this newsletter.

Camano Connections is funded by membership dues, advertising revenues and other fundraising efforts.



Gratitude Corner

Thank you to the generous supporters who gave from May 11—June 10, 2025

Appreciation

Anonymous Donor— Tech Tuesday
Anonymous Donors— 2nd Chance Thrift Shop
Anonymous Donor— iPad/Mac Tutoring
Larry and Jean Bach— For MOW Service
Joe Griffore—Tech Tuesday
Guest— Apple Tutoring
Connie and Nick Johnson— Notary
Laurie Michaels-Lee— Camano Fit & Steady
Ann and Kenneth Taylor— Meals Support

Gala Auction

Camano Island Chamber of Commerce— 19th Annual
Gala Auction

General

Juliane Abbott
Hiram and Patricia Bronson
Pat Clark and Carol Hoeksema
Sandra Clemetson

General

Robin and Glen Elder
Vincent and Amber Ferrese
Lois Giles
Marilyn and Walter Grosjean
Connie and Nick Johnson
Jill Johnstone
Anonymous Donor
Mark and Kelly Kraus
Nannette Maxwell
Ron Moll
Fred Monte
Ray and Carol Pope
Brad and Lynnette Roberson
Duane Simshauser
Tim and Kirsten Spencer
Phil and Candy Trautman

Restricted

Tulalip Tribes Camano Cares Grant



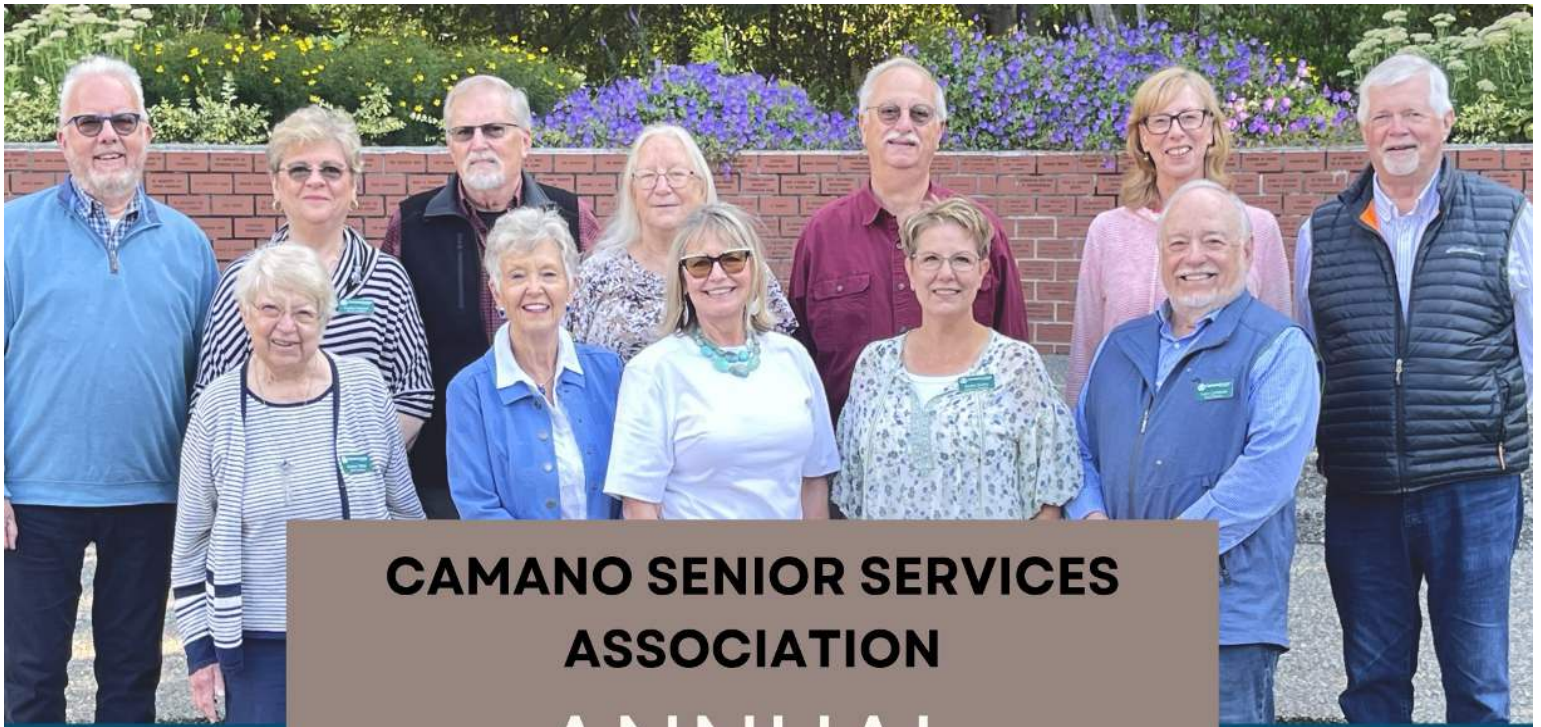
Be our STAR
this JULY

All donations make a difference!
Please support our Programs and
Services and get a handmade STAR or
CLOCK as a token of our appreciation!

- ★ Donations of \$500 or more qualify you to choose a handmade CLOCK.
- ★ Donations at \$1,000 or more will receive a special handmade STAR.

*Thank you to our generous friend of
Camano Center for making and
donating these beautiful gifts*

www.camanocenter.org/donate



**CAMANO SENIOR SERVICES
ASSOCIATION**
— ANNUAL —
MEETING

JULY 28TH | 3:00 PM

CAMANO CENTER | SUNDIN ROOM

MEET YOUR BOARD OF DIRECTORS

**ALL CAMANO CENTER MEMBERS
ARE ENCOURAGED TO ATTEND**

CAMANOCENTER.ORG

Annual General Membership Meeting of the Camano Senior Services Association

July 28, 2025

3:00p.m.

AGENDA

Call to Order & Welcome

President's Remarks

Introduction of the Board & Staff

Approval of Minutes of General Membership Meeting, July 22, 2024

Ready for your review on [page 6](#)

Reports of Committees:

Finance (Treasurer)

Endowment

Board Development

Facilities

Executive Director's Report

Questions and Comments

Old Business

New Business

Election of new Board Members

Closing Remarks

July 22, 2024 Camano Center

Please take a moment to review the 2024 Annual Meeting minutes before we vote to approve them at our 2025 meeting on Monday, July 28 at 3 PM. All members are encouraged to attend.

Welcome and Call to Order: The annual membership meeting of the Camano Senior Services Association was held at 3:00 pm on July 22, 2024 at the Camano Center, 606 Arrowhead Rd, Camano Island, WA. 98282.

The meeting was called to order by President Jeff Highland. The following members of the Board of Directors were present: President Jeff Highland, Treasurer Shirley Swanson, Secretary Connie Johnson, Larry Carlstrom, Shirley Swanson, Kelly Kraus, Linda Hadley. Executive Director Bonnie Eckley, Staff Members Cindy Hand, Karen Conway, Kendall Faragher, and Angie Baylee were also in attendance, as were approximately 14 CSSA Members. Directors Ken Johnson, Darlene Miller, Michal Scott, and Vice-President Kathy Sanchez were unable to attend.

A quorum for conducting business was determined to be present. There were 40 Association members present, including members of the Board and staff.

Approval of Minutes: Copies of the agenda and Minutes of the 2023 Annual Membership Meeting, which had been published in the Camano Connections newsletter for two months prior to this meeting as required by CSSA bylaws, were also made available to all members present. The Minutes were approved unanimously.

Camano Moments: Anecdotes about experiences related to Friendship Teas, Old Friends Club, the Aging Mastery Program, 2nd Chance Thrift Store, and music groups performing in various capacities at the Center illustrated the profound effect Camano Center is having on lives in our community.

President's Remarks: President Jeff Highland presented the annual President's Report to the gathering. Highlights included recognition of a number of very generous gifts, including an unrestricted gift by an anonymous member of \$60,000 and the largest gift ever made to the Camano Center of \$750,000 by Kathleen McKee. These donations will be not be used for operations costs, but will instead be available for special projects and unforeseen expenses, with a portion added to the True and Quasi Endowment Funds.

Treasurer's Report: Treasurer Shirley Swanson presented the Finance Committee Report, highlighting and providing further explanation on some of the topics addressed in the President's Report and detailed in the accompanying slide show. President Jeffery Highland noted that our Operating Budget has balanced every year for the past several years.

Highlights:

- Net Ordinary Income after expenses, \$832,375, reflecting the receipt of two large donations to the Camano Center During the year.
- A grant of \$690,000 from the US Department of Finance for installation of solar panels and storage batteries was awarded to the Camano Center. This will provide up to one week of energy to make the

(Continued on page 7)

Center buildings available for use by the people of Camano Island during emergencies. Further details regarding this grant will appear in the August Camano Connections newsletter.

Endowment Committee Report: Committee Chair Larry Carlstrom presented the Endowment Committee Report. He explained that the purpose of the committee is to ensure the long-term financial viability of the Center, and clarified the differences between functions of the two endowment funds, Term and Quasi. Essentially, the goal of the True Endowment Fund is to reach \$1,000,000, after which time interest from investments can be used. Monies that go into this fund do not come out. The Quai Endowment Fund operates as a facility for Donors to give designated money to finance programs. Endowment Performance 2023/2024 increased over 10% in both the True and Quasi funds, resulting in a total amount of \$264,823, pending additional funds from the large donations of \$250,000 to each fund upon approval of the investment strategy to be developed by professional financial management company, Stordahl Capital Management, Inc.

Board Development Committee Report: President Jeff Highland presented the Board Development Report in the absence of Vice President Kathy Sanchez, who serves as Chair for this committee. The Report included a description of the process for adding new members to the Board of Directors. It also noted that Paul Foster has been endorsed by the Committee for election to the Board.

Ad hoc Facilities Committee Report: President Jeff Highland presented the *ad hoc* Facilities Committee Report, which was created in October of 2023. It will become a Standing Committee in 2024.

- Architects Mark Kraus and John Hadley have provided advice at no charge for various aspects of facilities development.
- The roof on the Camano Center building is nearing the end of its life expectancy, and will be replaced within the coming year. It should have an extended use of 50-100 years. Essary Roofing will replace the roof.
- Solar Mountain will remove the existing solar panels. These will be reused and new additional panels will be added.
- Storage batteries will be located east of the building.
- A new heating and cooling system have been added to 2nd Chance Thrift Shop. Additional priorities include additions of more parking. Dan Nelson with Designs NW will help with the plans. A new roof is also needed.

Executive Director's Report: Executive Director Bonnie Eckley presented the annual Executive Director's Report, and reviewed the Strategic Plan goals, announcing that almost all have been reached. Consequently, some new goals are being added to address needs for:

- More outreach island wide
- Increasing financial capacity
- Assuring adequate staffing levels
- Expanding collaboration and partnerships with other organizations

(Continued on page 8)

(Continued from page 7)

Additional Highlights:

- There will be fewer fundraising events going forward, based on evaluation of cost/benefits. Help and suggestions for more events are welcome.
- The recent participation in Dementia Friends Training was beneficial to staff and volunteers.

Donate Your Vehicle & support the Camano Center!



Simply click [here](#) or call (866) 392-4483

✓ Tax deductible

The IRS allows vehicle donors to receive a tax deduction on their vehicles.

✓ Hassle-Free

They can pick up your vehicle at the auto repair shop or by the side of the road!

✓ Handle Anything

Cars, motorcycles, RVs or boats with trailer and even real estate!

✓ Proceeds go to the Camano Center!

Funds from the sale of your vehicle donation go to the nonprofit of your choice.

- The Solar grant which is funding much of the expansion of our solar capacity will allow Red Cross, Island County Health, and other organizations to use the building in the event of emergencies.
- A new security system has been installed at 2nd Chance Thrift Shop. The kitchen has no heat or cooling system, which needs to be addressed. 2nd Chance has received many awards.

New Business: Members in attendance were asked to vote upon the election of Board of Directors members. Starting their second 3-year terms on the board, Shirley Swanson, Linda Hadley, Michal Scott, and new member Paul Foster, were elected unanimously.

For the Good of the Order:

- Larry Carlstrom encouraged attendance at and support of National Night Out August 6th from 6-8 p.m. at Fire Stations 4 & 5.
- Bruce Spong invited all interested parties to the next CBAM event, a bluegrass jam at South Camano Grange this coming Saturday at 3:00. This group was started here at the Camano Center, thanks to Bonnie.

Former B.O.D. members, Bruce Spong, Marilyn Grosjean, and Chuck Schufreider were introduced.

Adjournment: The meeting was adjourned at 4:00 p.m. by President Jeff Highland.

Respectfully submitted,

Connie Johnson, Secretary

Camano Center Board of Directors

NOTE: All reports mentioned herein are available upon request.

Camano Center is Hosting

2ND CHANCE CHRISTMAS IN JULY SALE

Rain
or
Shine

SAT. JULY 19TH | 9:00AM - 3:00PM

606 ARROWHEAD RD. CAMANO ISLAND

Donation-Based Sale!

Pay what you want and help support
critical programs at the Camano Center.

Make sure to bring your own bags,
wagons, or crew to help carry items.



**Decor | Linens | Gifts | Clothing
Books | Home & More**

Congratulations Jessica!

Jessica Swan received this year's Camano Center scholarship on SCAF scholarship night at the high school. She has been a volunteer at 2nd Chance Thrift Shop since last summer and additionally was brought on as an employee of Adin's catering team. She will start college this fall.



Left to Right: Adin Collver, Jessica Swan and Lisa Brents

Programs, Services, & Partnerships Helping Older Adults



How to Join Camano Friends Club

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



Our Camano Friends Club enjoys harvesting from our garden in the summer.

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



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.



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:



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.

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.

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

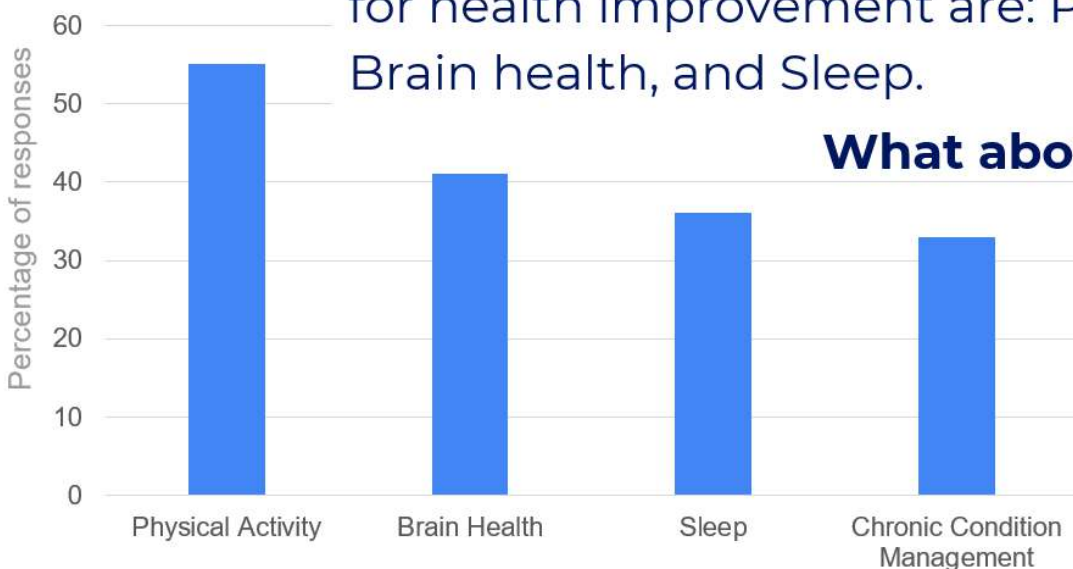
Email: adrccamano@dshs.wa.gov

Better Age Pilot Program Survey Highlights

The Camano Center continues to work with nine other Washington State senior centers to pilot the **Better Age** survey tool to help us better serve older adults in our community. Each month we've provided updates on the data that we have collected. See some of our new findings below. If you have already completed a survey, thank you for your participation!

What are your priorities for health improvement?

The highest priorities of Camano participants for health improvement are: Physical Activity, Brain health, and Sleep.

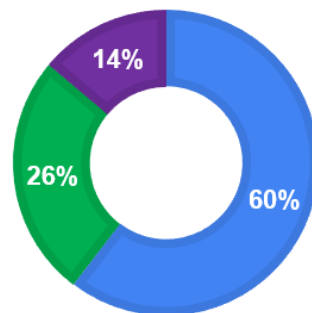


What about you?



Did you know?

- Yes, currently volunteering
- No, but would consider if asked
- Not interested in volunteering



Volunteering is good for you!

Older adults who volunteer rate higher in **Meaning and Purpose**, **Social Connections**, and **Fun**.

26% of Camano older adults would consider volunteering if asked. Drop by our front desk to find volunteer opportunities that suit you!

If you haven't had a chance to take the Better Age survey yet, click this link:

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

Did you know?



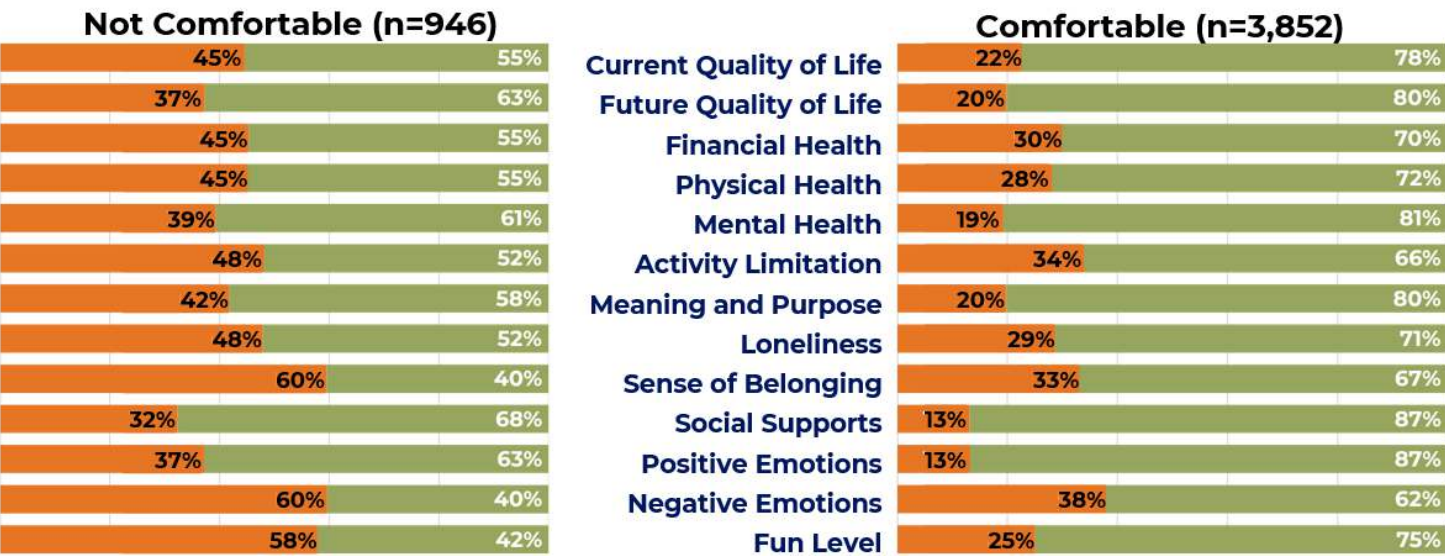
Asking for Help is a Key to Aging Well

About **2 in 10** of Camano participants **don't feel comfortable asking for help**. But those who do take that step experience **better overall health and well-being**. Asking for help isn't a sign of weakness - **it's a powerful first step toward thriving**.



Insight: Asking for help is key to whole person health!

● Not Thriving ● Thriving



Older adults with a barrier in asking for help reported significantly lower scores in **all** dimensions of health and wellbeing (p <.001)



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.

July Lunch Entrée

2	Wed	BBQ Pork Ribs
4	Fri	Holiday– Meal Site Closed
7	Mon	Beef Ravioli w/Pesto Cream Sauce
9	Wed	Chicken Tikka Masala
11	Fri	Cowboy Music Lunch: Sign Up at Front Desk
14	Mon	Muffaletta Sandwich
16	Wed	Roasted Chicken Thigh
18	Fri	Lemongrass Pork
21	Mon	Quiche Lorraine w/Bacon
23	Wed	Chicken & Biscuits
25	Fri	Mushroom Swiss Burger
28	Mon	Sweet & Sour Crispy Chicken
30	Wed	Hawaiian Pizza

**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.

BUSINESS MEMBERS

Please Support these Businesses who Support the Camano Center

Join Us and Sign Up Today!

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

[American Cremation & Casket Alliance \(ACCA\)](#)

[Anthony Castiglione eXp Realty](#)

[Bayless Electric](#)

[Beach & Blvd Real Estate](#)

[Beard Financial Group](#)

[Bluhm Notary Services](#)

[Camano Animal Shelter Association \(CASA\)](#)

[Camano Arts Association \(CAA\)](#)

[Camano Chapel](#)

[Camano Fit](#)

[Camano Home Care Aid Services](#)

[Camano Island Bliss](#)

[Camano Island Dental Center](#)

[Camano Island Mosquito Control District](#)

[Camano Kerri – North48 Real Estate](#)

[Camano Log House](#)

[Coastal Community Bank](#)

[D&L Essential Services](#)

[Designs Northwest Architects](#)

[Destinations by Melanie](#)

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

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

[Family Resource Home Care](#)

[Fields Senior Living](#)

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

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

[Greenworks of WA, LLC](#)

[Heritage Bank](#)

[Holbeck Construction & Design, Inc.](#)

[InsuranceWorks Agency](#)

[Island Harvest Farm](#)

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

[Jared D. Johnson – Edward Jones](#)

[Josephine at Home](#)

[Josephine Caring Community](#)

[Law Office of Cole & Gilday](#)

[Law Office of Dale Wagner](#)

[McPherson Pest Control](#)

[MGM Flooring & Interiors, Inc.](#)

[Michelle Maiers, Real Estate Broker @ HomeSmart](#)

[One Realty](#)

[MQ Gadgets - Gifts - Goodies](#)

[Our Legacy Fields](#)

[Pope Chiropractic](#)

[Puget Sound Tree Care, LLC](#)

[Right At Home](#)

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

[Shoebox Baking Company](#)

[SLM Financial Services](#)

[Snow Goose Transit](#)

[Stanwood Camano Arts Guild](#)

[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.](#)

[Windsor Square Senior Living](#)



HOLD YOUR HORSES!

RUN FOR THE ROSES
19th Annual Gala Auction
Benefiting the Camano Center
September 27, 2025
Doors Open at 5:30 p.m.

SAVE THE DATE

Tickets on Sale 9.2.25
Limited Tickets Available
CAMANOCENTER.ORG



CamanoCenter
Get connected.

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



LOVE GAMES? LET'S PLAY!

Join the Camano Center and discover the joy of games, laughter, and connection. Whether you enjoy classic card games, tile games, or something new, there's always a table waiting for you. Stop by, make new friends, and be part of our lively game groups.

CURRENT GAMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Mahjong 9 a.m. - 12 p.m.	Cribbage 1 p.m. - 4 p.m.	Hand & Foot Canasta 12:30 p.m. - 3:30 p.m.	Duplicate Bridge 12:30 p.m. - 3:30 p.m.
Pinochle 12:30 p.m. - 3:30 p.m.	Dominos 1 p.m. - 4 p.m.		

ALL WEEKLY ACTIVITIES ARE FREE TO CAMANO CENTER MEMBERS!

For more details about activities at the Camano Center, please check the Camano Connections newsletter or our website calendar.

camanocenter.org

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 Strategic

Cards & Games

Cribbage & Dominos

Every Tue

1:00-4:00pm

Location: Education Room

Play Cribbage or Dominoes at the Camano Center. 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

Hand & Foot Canasta

Every Wed

12:30-3:30pm

Location: Education Room

Contact: Pat Bass
(415) 283-7929

Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

Join us for Duplicate Bridge, a fun and social game played using the Standard American Bridge system, commonly used across the country. Money is not required to play the game.

Contact: Mike Bloom
(425) 971-1379

Mah Jongg

Every Mon

9:00-12:00pm

Location: Education Room

Join us for Mahjong, a classic tile-based game blending strategy, luck, and social interaction. Enjoy the mental challenge of forming winning hands while boosting memory and concentration.

Pinochle

Every Mon

12:30-3:30pm

Location: Education Room

Join us for Pinochle, a fun and engaging card game that blends skill, strategy, and social interaction. Players enjoy bidding, melding, and trick-taking, all of which add excitement and challenge.

Contact: Mary Rauch
mjrauch@wavecable.com
(360) 387-1142



Get Creative

Art & Sewing

Tuesday Paint Group

Every Tue

8:00-11:00am

Location: Craft Room

Friday Paint Group

Every Fri

12:30-3:30pm

Location: Craft Room

Explore your creativity in a relaxed, welcoming setting. Bring your supplies and work with your preferred materials—watercolor, acrylic, mixed media, or more. The group focuses on the joy of creating, not perfection. Whether you're a beginner or an experienced artist, you'll find encouragement and inspiration.

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

Needle Works

Every Thu

9:00-11:00am

Location: Craft Room

Do you love working with fabric, yarn, and creativity? Join us for a warm and welcoming gathering where we quilt, knit, crochet, embroider, and so much more! You'll find inspiration, friendship, and a joyful space to share your talents.

Contact: Mary Beckham
(360) 387-6958



Mending Hearts Quilting Group

1st & 3rd Mon

8:00-12:00pm

Location: Craft Room

Join a circle of caring friends at the Camano Center with Mending Hearts, a heartwarming and free activity for members. No sewing experience? No problem! Fabric is provided for special projects, and friendly hands are always ready to guide you.

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 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. Please bring it back when you are finished. That's all you have to do. Volunteer librarians manage all donations of current fiction and non-fiction hardback books and keep them organized for us all to enjoy.

Coffee Connection

All Weekdays

9:00-2:00pm

Location: Library

Enjoy a cup of coffee and visit with friends, or relax and read a book. Browse our puzzle section or use the free Wi-Fi. Coffee is free to Camano Center members!

Turning Pages Book Club

1st Wed

2:30-3:30pm

Location: Jensen Room

Read, Reflect, Connect! The reading list is from the Sno-Isle library.

Contact: Janet Penny
(360) 403-5502 for information

Travel Talk

2nd Fri

10:00-12:00pm

Location: Jensen Room

Each month, a Camano Center member shares a trip—maybe a cruise, European getaway, or an unexpected adventure—with a fun slideshow and great stories. In July, Siberia and Mongolia video by Jack Gunter focusing on the natural wonders of the Southwest.

Contact: Mark Kraus
(425) 503-9072

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

Tech Tips

Every Tue

10:00-12:00pm

Location: Library

Call (360) 387-0222 or stop at the front desk to schedule an appointment for one-on-one assistance with Wanda Hill. She will offer help with your Windows operating system, MS Word, Excel,

or Outlook. General questions are welcome. Sorry no Macs or phones. BRING YOUR LAPTOP!

Macbook and iPad/iPhone Tutoring

2nd & 4th Thu

1:00-2:30pm

Location: Conference Room

Need help using your Mac laptop, iPad or iPhone? Sign up for a 30 minute private Q&A / tutoring session with our with Joyce. All questions welcome! These sessions are intended to meet you where you are in your relationship with your Mac laptop, iPad or iPhone. Email Joyce to sign up fact@msdeadlines.com. Bring a list of questions.

Get Vocal ***Music Makers***

Camano Ukulele Ensemble

Every Mon

1:00-3:00pm

Location: Craft Room

The Camano Ukulele Ensemble invites you to play, connect, and share the fun of music. Contact: Val Schroeder (360) 387-2236 for participation information and requirements.

Music Group

Every Tue

1:00-3:15pm

Location: Sundin Room

Acoustic non-amplified musical instruments. Group will be

encouraged to have an iPad for 'Music Group' for access to DropBox for song content. Types of music: Soft/light rock & roll, folk, blues, bluegrass, country, show tunes, jazz, Hawaiian, easy listening, and Classical.
Contact: Robin Widoff
(707) 312-1112

Classic Country & Folk

Every Thu

1:00-3:00pm

Location: Jensen Room

Love classic country tunes and folk favorites? Join our friendly music group at the Camano Center! We sing and play together weekly, blending timeless country with a touch of folk.

Contact: Lois Giles
(206) 235-3123

Camano Ukulele Ensemble: Bite of Camano Stanwood Rehearsals

Every Wed

7/09/25-8/06/25

1:00-3:00pm

Location: Back Patio

Members of the Camano Ukulele Ensemble will be practicing for their performance at the Bite of Stanwood/Camano.

Cowboys Music Group

Every Fri

1:00-3:45pm

Location: Education Room

The intent is to enjoy singing and playing and occasionally perform before audiences as a group at the Camano Center or other venues.

Music lyrics and chords are available on request as individual PDF files for use on a tablet, iPad or for printing.

The group is managed by Jack Rensel and Tim Spencer.

When/Where/Contact: come to the Camano Center Fridays at 12:30 PM to talk to us, as the music starts at 1PM.

Get Active

Exercise & Fitness

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.

LIFT

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

Pilates/Yoga Fusion

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

Camano Fit & Steady is a strength, balance, and flexibility fitness program for adults 65+. The class is one hour long and is held on Monday, Wednesday & Friday (\$40 per month) or Tuesday & Thursday (\$30 per month). All classes are at capacity.

(8 A.M.) Camano Fit & Steady

Every Mon/Wed/Fri

8:00-9:00am

Location: Sundin Room

(9 A.M.) Camano Fit & Steady

Every Mon/Wed/Fri

9:00-10:00am

Location: Sundin Room

(10 A.M.) Camano Fit & Steady

Every Mon/Wed/Fri

10:00-11:00am

Location: Sundin Room

(9:15 A.M.) Camano Fit & Steady

Every Tue/Thu

9:15-10:15am

Location: Sundin Room

(10:15 A.M.) Camano Fit & Steady

Every Tue/Thu

10:15-11:15am

Location: Sundin Room

(11:15 A.M.) Camano Fit & Steady Level 1

Every Tue/Thu

11:15-12:15pm

Location: Sundin Room

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're all about fun and fitness rolled into one awesome experience! Just bring yourself and maybe a few pals for good measure.

Instructor: Kari Dziewiontkoski
\$10/person or
\$8/Camano Center Members

SOCIAL DANCE SIMPLIFIED **LINE DANCE CLASS**

\$10 per person / \$8 Camano Center Members

**Class is held at the Camano Center
Wednesday 3-3:45 p.m.**

**Kari Dziewiontkoski has been teaching folks to dance
for over 20 years. You're in good hands!**



What's Age Got to Do With It?

INDEPENDENCE – Life, Liberty, and the Pursuit of Happiness

This is the month in which we traditionally celebrate the adoption of the Bill of Rights on July 4, 1776, explicitly guaranteeing us the right to Life, Liberty, and the Pursuit of Happiness by assuring us independence from the rule of kings.



Now, we find ourselves struggling to agree on a definition of independence that honors our country's traditions, and to adjust to all that has happened in the nearly 250 years since our founding. The many amendments to our Constitution are examples of this acknowledgement of our awareness of what has changed over time. In "The Nonanglers," an essay written just before the outbreak of the American Revolution, John Adams said, "*Human nature itself is evermore an advocate for liberty. There is also in human nature a resentment of injury, and indignation against wrong. . . . These amiable passions are the latent spark.*"

That's life. We have core beliefs and a history that must be respected, defended, and kept in perspective. Much as we all hope and strive to remain independent for as long as time and circumstance allow, what that means is ever-changing as we age. Adjustments must be made to account for the (sometimes harsh) realities of aging that cannot be ignored. How then, do we make sure that we continue to have enough liberty to be able to pursue our own version of happiness, regardless of whatever limitations time imposes on us?



The results of a recent community survey, sent out to over 2,000 email contacts, indicate that our efforts to live up to our mission, vision, and values by providing a wide variety of opportunities to learn, grow, and celebrate life are actually helping older adults maintain their independence right here where we all live.



OUR MISSION

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

OUR VISION

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

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.

Your input, involvement, and support are greatly valued and appreciated. Thanks for being a part of our valiant efforts to be what you need us to be!

"At a very basic level, independence means having autonomy over your own life. Being independent gives a person a strong sense of control – doing the things you want to do, when you want to do them." --Zenya Smith for elder.org

At the heart of liberty is the power and privilege of sometimes seeing things differently, respecting each other's right to do so, and holding true to what matters most – love and forgiveness. With that in mind, let me leave you with some interestingly different perspectives on this land we all love.

<https://www.youtube.com/watch?v=P0xZd3aCMv8>
<https://www.loc.gov/collections/patriotic-melodies/articles-and-essays/god-bless-america/#:~:text=In%20the%20fall%20of%201938,%2C%20%22God%20Bless%20America.%22>

<https://www.youtube.com/watch?v=9ZYH8v42a2w>

Remember to stay informed about all that's available to help you maintain that independence and take advantage of all the opportunities at hand, by regularly checking the Camano Center website, <https://camanocenter.org/>, and encouraging friends, acquaintances, and family to do the same.

NOTE: It's always a good idea to check the calendar or call (360-387-0222) before you come in to take part in the groups, attend events, and connect with those who can inform, teach, and assist. Things have a way of changing!

Connie Johnson
CSSA Board Secretary





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