

Open Enrollment



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Gala Auction attendees eagerly raised their bidder numbers in friendly competition.

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

Larry Carlstrom | President

Paul Foster | Vice-President

Judith Shoudy | Treasurer

Jeff Highland | Secretary

Ken Johnson

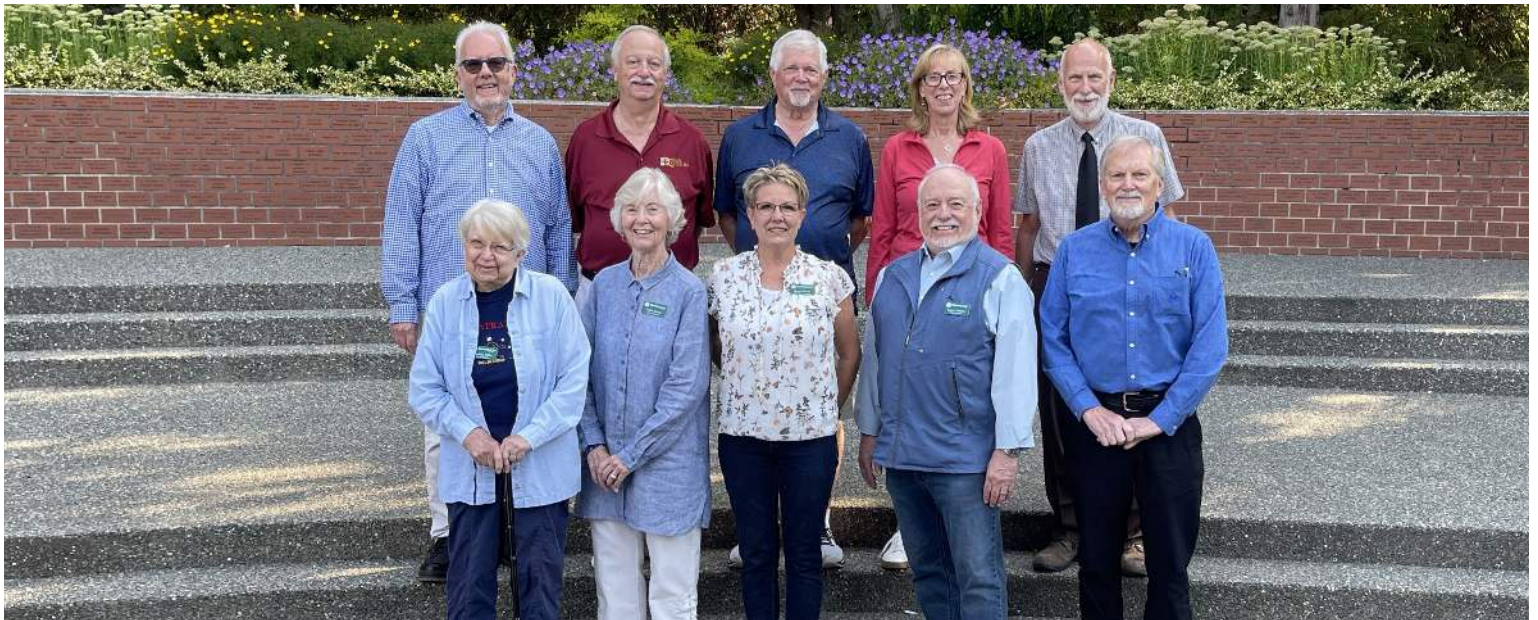
Kelly Kraus

Cynthia Lahti

Darlene Miller

Michal Scott

Dale Wagner



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 August 11—Sept. 10, 2025

Appreciation:

- | | |
|-----------------------------|------------------------|
| Round Up Donors | 2nd Chance Thrift Shop |
| Larry and Jean Bach | Medical Ride Program |
| Vicki Baungard | Camano Fit & Steady |
| Brian and Patricia Bretland | Medical Ride Program |
| Frank and Jackie DeFazio | Camano Fit & Steady |
| Friends of Camano Center | Spaghetti Dinner Event |
| Carl and Ruth Gabrielson | Notary |
| Robert Hill | Medical Ride Program |
| Bill and Carole Koenig | Camano Friends Club |
| Fred Monte | Medical Ride Program |
| Anonymous Donor | Nutrition Services |

Gala Auction:

- Gerald and Rebecca Albers
- Larry and Maria Carlstrom
- Paul and Juliana Foster
- Raymond and Deborah Glynn
- Jeffrey Highland
- Ken Johnson and Kathryn Wells
- Kerri Jones
- Mark and Kelly Kraus
- Ivan and Darlene Miller
- Carrie Urling and Scott Price
- Brad and Lynnette Roberson
- Michal and Jo Ann Scott
- Judith Shoudy
- Dale and Lynda Wagner

General:

- Juliane Abbott
- Ember Benu
- Linda Bosman
- Hiram and Patricia Bronson
- Andy and Patti Carr
- Pat Clark and Carol Hoeksema
- Robin and Glen Elder
- Greg Fischer and Irene Rausch
- Marilyn and Walter Grosjean
- Victor Henry
- Connie and Nick Johnson
- Jill Johnstone
- Anonymous Donor
- Mark and Kelly Kraus
- Claire Leatherman
- Jeff and Bonney Lemkin
- Paul and Sandra Schumacher
- John and Karen Selle
- Betsy Shields
- Duane Simshauser
- Ann Timko
- Phil and Candy Trautman
- Kayoko and James Woods
- Judy and Greg York

In Memory:

- | | |
|------------------|-------------|
| Kendall Faragher | Luci Morgan |
| Jill Johnstone | Joan Sain |

Restricted:

- | | |
|-----------|-------------|
| Anonymous | Card Tables |
|-----------|-------------|

JOIN THE RACE: FUND OUR MISSION!

Even if you weren't able to attend our 19th Annual Gala Auction, you can still make a difference! Support the Camano Center by making a gift online today.

[Donate Now](#) 

www.camano-center.org
360-387-0222

Thank You for your Support at our Spaghetti Dinner Fundraiser!

Together we raised over \$4,000



See the impact for yourself! Click the link in the box to the right to watch this year's Fund-a-Mission video.



[Fund-A-Mission Video](#)



Executive Director Report for Board of Directors

September 2025



Upcoming Events/Happenings for 2025:

9/27	Gala Auction
11/15	Holiday Craft Bazaar
12/2	Giving Tuesday

Past 30 Days:

- This year's Spaghetti dinner fundraiser was a big success, raising over \$4,200! We decided dinner is the better turnout over lunch, so we'll repeat this next year.
- The insulation under the building has been repaired and is now also up to code for today's standards.
- We had the plumbers install a turn off valve for the kitchen water. This building was equipped with only one main valve meaning the entire operation had to shut off if we had a leak or problem.
- The final leak was fixed in the basement so all of the work from the flood and the upgrades we invested in are complete. All insurance reimbursements are in.
- A new BBQ was purchased to replace the old one prior to the auction so Adin can use it for the steak. It is used for multiple meals throughout the year.
- Notary services were provided 4 times this month. Julie Abbott is in the process of becoming a notary also so we both can share the needs of the community.
- Two of the contacts from North Sound ACH (accountable community of health) came to meet with Leah Palyu, Janet St Clair and myself to review our past grant denials, and clarify our community needs. This is very encouraging for us, and we have applied to be an official partner with the organization.
- One of the Senior Serving networking groups I belong to has started alternating meeting places from the former Warm Beach location to our Center and Stilly Valley every other month. Our first hosted meeting was this month and very well attended. I'm always so proud of showing others our amazing building and grounds.
- The majority of the solar project is complete. The electrical and county building department must sign off on the work before the final process is ready for activation. This will be another 3-4 weeks. Once complete we will have a brief ribbon cutting ceremony and invite the community. Dates pending the sign off.
- The fire panel that was damaged during the planned power outage will be covered financially by the electric company working on the solar project. This is a huge relief and we are so thankful!
- Busy month with staff planning the up and coming auction.
- **Rentals this past month:** Wedding 4 Celebrations of Life, Medicare 101 (2 times)
- **Non-profit meeting space:** CAA

- **Executive Director participated in the following Partnership/Collaborations:** Opportunity Council of Whatcom County, Camano Fit, SCAF, Community Coalition of Stanwood-Camano, Community Foundation of Snohomish County, Cascadia Renewables & teams, CIFR, NWRC, Island Senior Resources, SCAF Emergency Preparedness group, Fleur Larson Facilitation, North Sound ACH, Red Cross

Current Grants Applied for:

Grants	Amount and Status	Designated for
HRSA- Health Resources and Services Association	Denied for \$250,000	Partnership with Camano Fire for CARES
Olson Foundation	Pending for \$75,000	CARES Chore program
Coastal Community Bank	Denied for \$10,000	Walk in fridge freezer
Department of Health	Denied for \$5,500	Brain health education
North County ACH	Denied for \$539,000	CARES partnership w CIFR
Floyd & Delores Jones/SCAF	Denied for \$10,000	Walk in fridge freezer
William E. Wockner Foundation	Applied for \$29,000	Camano Helping Hands
Tulalip Tribes	Awarded \$3,000	CARES Program

Thrift Store update:

- Average Customer spend for September to date \$12.53
- Average Daily gross in sales for September to date is \$2,811
- Heidi Cibert is fully in her role as Assistant Supervisor. She is doing a great job and fit in so well to the team!
- Nicole has officially left her position but will stay on as a backup for urgent needs. She has started school so will be busy, but open to filling in when and where needed.
- Kendall spent several hours with our IT consultant to get 2 new laptops synced up to the Center's Shared drives for Sylvia and Heidi. This will help communications between locations and help with printing ease at the shop.



Camano Center &
Camano Sue's Art present:

HOLIDAY CRAFT & GIFT BAZAAR

Support Our Local Crafters

Sat. | November 15 | 9AM - 4PM

**BAKE SALE | CANDLES & SOAP | POTTERY
PHOTOGRAPHY | JEWELRY | ORNAMENTS
METAL ART | HANDMADE GIFTS & MORE**

*This Event Benefits
the Camano Center*



CamanoCenter
Get connected.

CAMANO SUE'S ART

Artwork & Jewelry



artistsue@yahoo.com
camanosuesart.com



Smokin' Dough
Wood - Fired pizza



Hay
GIRL COFFEE

Camano Center | 606 Arrowhead Road | Camano Island | camanocenter.org

Holiday Bake Sale

Saturday, November 15

During the Holiday Craft & Gift Bazaar

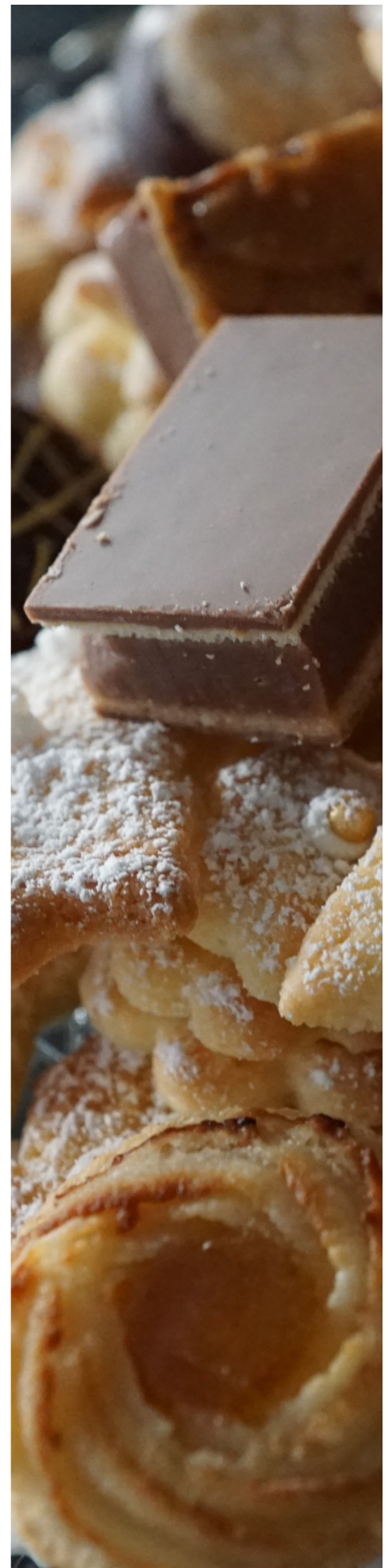
Sign up at the Front Desk

**Please bring items
Friday, November 14
9 AM - 4:00 PM**

Please do not include perishable items requiring refrigeration. Please package items in small amounts. We welcome your holiday favorites!

Not sure what to bake? Here are some of our most requested holiday treats:

- Holiday Cookies - packaged 6 or 12
- Berry Tarts
- Sugarless items & snack mixes like Chex Mix
- Small loaves of quick breads
- Dinner rolls
- Yeast breads– preferably whole grain
- Pumpkin items (seasonal flavored items)
- Label items with special ingredients - especially nuts
- Single individually wrapped items ie. donuts, cinnamon rolls, that can be purchased early in the day with coffee (The vendors loved this!)
- Brownies
- Gluten free baked goods
- Caramel Corn or other flavored popcorn



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.

Rightsizing Your Life

an Aging Mastery Program Elective Class



Presenter:

Brooke Knight, Real Estate Broker

Good Knight Homes

Thursday, October 2nd

2:00-3:30

at the Camano Center

606 Arrowhead Road, Camano Island

pre-registration required,

call 360-387-0222 to register.

class is offered at no cost

Join us for an interactive class that helps you look at the pros and cons of a move, consider different housing options, deal with your concerns about moving and the potential family issues that may arise. Plus you'll learn how to develop a process for choosing what to keep and what to let go of, and create a roadmap with some easy first steps!

This class is part of the Aging Mastery Program Elective classes. Each participant will receive a booklet with action steps and resources for expanded learning opportunities on this topic.



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

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**

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.

**Monday, Wednesday & Friday
Community Lunch is prepared by
Island Senior Resources in
partnership with the
Camano Center.**



Meals on Wheels Information

Nutritious, well-balanced meals (that meet 1/3 of daily nutritional requirements for older adults) delivered to your home at noon by friendly volunteers. Provides essential human connection.

Client wellness checks provide information, resources, and a sense of security for family and loved ones.

For short-term and long-term needs. Delicious, healthy meals; most meals made from scratch; sugar free and gluten free meals available.

Recipients must be age 60+ (or the spouse of person 60+); unable to shop for and/or prepare a full meal; and at risk for malnutrition.

Meals are provided "by-donation" and clients pay what they can.

No one will be turned away because they cannot pay. Checks or cash are accepted; no debit/credit cards. For further information, call (360) 387-0222 or email Lars Wengren.

camanokitchen@islandseniorservices.org

Call Monday, Wednesday or Friday by 10 a.m. for Meals on Wheels changes or for meals to go.

If you would like more information on the Meals on Wheels program or to sign up for the first time, call 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.

October Lunch Entrée

1	Wed	Chicken Verde Enchilada
3	Fri	Tomato Basil Soup
6	Mon	Chicken Strips
8	Wed	Penne Bolognese
10	Fri	Chicken Tom Kha
13	Mon	Quiche Lorraine
15	Wed	Chicken Tikka Masala
17	Fri	Sausage Minestrone
20	Mon	Baked Potato w/Beef Chili
22	Wed	Margherita Pizza
24	Fri	Chicken Tortilla Soup
27	Mon	Herbed Pork Chop
29	Wed	Chicken Teriyaki
31	Fri	Curried Pumpkin Soup



Lynn & Donna

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!



Fullness of *life.*
Transitional Rehab • Senior Living
Long Term Care • Early Learning

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.



opportunity
council



Camano Helping Hands / Volunteer Chore Program

Camano Helping Hands & the Volunteer Chore

Program is now available on the island, providing free, volunteer-powered help for residents who need a little extra support to remain safe and independent in their homes.

What the Program Offers

Volunteers lend a hand with many everyday tasks, such as:

- Light yard work
- Grocery shopping or prescription pick-ups
- Dog walking
- Simple household chores

This program does not provide personal or medical care, moving services, or respite, but it's an excellent option for those who could use a bit of practical, non-medical assistance.

A Partnership for Camano Residents

Camano Helping Hands is made possible through collaboration between the Camano Center and the Opportunity Council. Together, we're working to ensure that island residents who may not have family or other support nearby can still access the help they need.

Who Can Participate?

The program is designed for adults who:

- Are age 60 or older, or living with a disability
- Live independently (not in a care facility or supported housing)
- Have limited income or cannot afford paid services
- Lack adequate support from family, friends, or other programs

How Referrals Work

Unlike some services, this program is **referral-based**. That means people cannot sign up on their own. But here's where you come in:

- You may know a friend, neighbor, or family member who could benefit
- You might be a professional working with older adults or people with disabilities
- You might even be interested in volunteering yourself

Getting Started

If you'd like to refer someone—or learn more about enrolling—please contact:

Northwest Regional Council (NWRC)

ADRCcamano@dshs.wa.gov 360-428-1309 (mention the Camano Helping Hands/Volunteer Chore Program)

For information about volunteering or general program details, reach out to:

Angie Bayley

Community Services Manager, Camano Center
360-387-0222

abayley@camanocenter.org

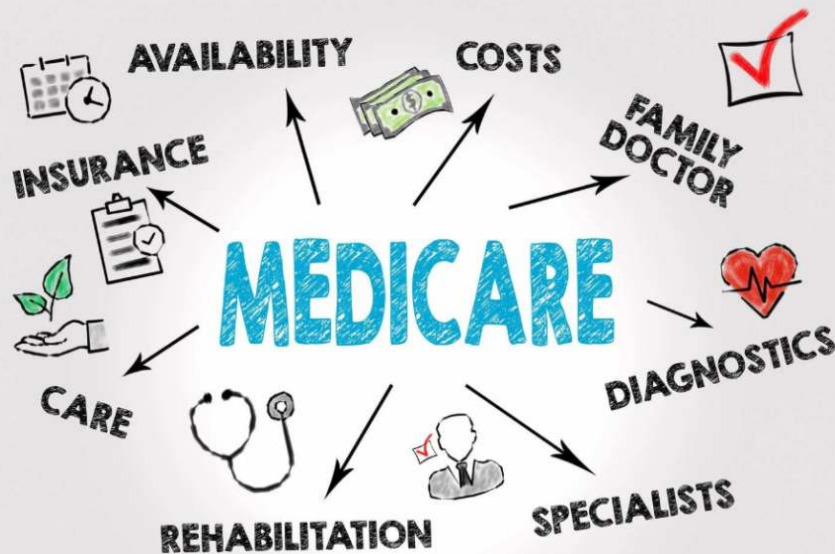
Join Us in Building a Stronger Community

Camano Helping Hands is all about neighbors supporting neighbors. By volunteering, spreading the word, or referring someone who needs assistance, you can play a part in helping our community members age in place with dignity and care.

2026 Medicare Open Enrollment Period

October 15–December 7, 2025

Open Enrollment is for people already enrolled in Medicare.
It is not for people who are new to Medicare.



**SCHEDULE AN APPOINTMENT
BEGINNING OCTOBER 1**



Serving Medicare Clients of Snohomish and Skagit Counties as well as Camano Island at the following locations:

- *Edmonds Waterfront Center*
Oct 22, Nov 10, Dec 1, Dec 5
- *Camano Center* – Oct 24
- *Anacortes Senior Activity Center*
Oct 28, Nov 5, Nov 19
- *Monroe Senior Center* – Oct 30
- *Carl Gipson Everett* – Oct 31
- *Marysville Center* – Nov 3
- *Rose Hill Mukilteo* – Nov 6
- *Burlington Senior Center* – Nov 7
- *Lynnwood Verdant* – Nov 12
- *Snohomish Library* – Nov 20
- *Stilly Center Arlington* – Nov 14
- *Mount Vernon Senior Center* - Nov 17
- *La Connor Senior Center* – Nov 18
- *Mill Creek Senior Center* – Nov 21
- *Stanwood/Lincoln Hill* – Nov 24
- *Virtual Zoom Appointment*
Various dates

WHY CHOOSE SHIBA?

- We are a free, confidential and impartial counseling resource sponsored by the Washington State Office of the Insurance Commissioner.
- Volunteer advisors will help you understand your rights and options and offer up-to-date information so that you can make an informed decision concerning your health insurance needs.

**SCHEDULE AN
APPOINTMENT**



Message Line
(425) 290-1276



Email
shibasnohomish@gmail.com

A Heartfelt Thank You



On behalf of the Camano Center, I want to extend my deepest gratitude to everyone who joined us for our 19th Annual Gala Fundraiser, Run for the Roses! Your presence, energy, and generosity made the evening truly memorable. Because of

you, we are able to continue providing the programs and services that support healthy aging, independence, and well-being for older adults in our community.

The funds raised at this year's event will sustain vital programming for the year ahead; from community meals, caregiver and dementia support, grief support, and transportation services, to wellness classes, educational opportunities, and so much more. Together, we are ensuring that older adults and their families have the resources and connections they need to thrive.

Thank you for standing with us, believing in our mission, and investing in the future of our community. We could not do this without you.

Watch our [Fund-A-Mission](#) video now!

With gratitude,
Bonnie Eckley



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: Joanne Berman, Cora Curre, Tracey Prochaska, Ferman Romero, Merlene Stockman & Gloria Walsh

Thank you to our 2025 Gala Run for the Roses Sponsors



Activities and Hobbies

At the Camano Center

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

Get Strategic

Cards & Games

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
Contact: Mike Bloom
(425) 971-1379

Mah Jongg

Every Mon
9:00-12:00pm
Location: Education Room
Mah Jongg is a fun and engaging

game that combines skill, strategy, and a bit of luck.

Contact: Melinda Brown
(360) 387-2940 for details.

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 & Dominos

Every Tue
1:00-4:00pm
Location: Education Room
Play Cribbage or Dominos 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: Toni Hilt
(206) 949-1910 tonihilt@yahoo.com

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 [online calendar](#).

PLAY YOUR CARDS RIGHT--JOIN THE FUN!

PINOCHLE

Monday 12:30 p.m. to 3:30 p.m.

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

No charge for Camano Center Members



Get Smart

Computer & Phone Help

Tech Tips

Every Tue

10:00-12:00pm

Location: Library

Free help for Camano Center members. Call the Camano Center (360) 387-0222 or stop at the front desk to schedule an appointment for one-on-one assistance with Wanda Hill. Learn more about your Windows operating system, MS Word, Excel, and Outlook. General questions welcome. Sorry no Macs or phones. Remember to BRING YOUR LAPTOP!

Macbook and iPad/iPhone

Tutoring

2nd & 4th Thu

Location: Conference Room

Free help for Camano Center members. Need help using your Mac laptop, iPad or iPhone?

Sign up for a 30 minute private Q&A / tutoring session with Joyce.

All questions welcome! These sessions are intended to meet you where you are in your relationship with your Mac laptop (or iPad or iPhone) and to help make the technology more useful to you.

Email Joyce Lukaczer to sign up fact@msdeadlines.com.

Get Curious

Special Interest

Turning Pages Book Club

1st Wed

2:30-3:30pm

Location: Jensen Room

Turning Pages Book Club: Read, Reflect, Connect! The reading list is from the Sno-Isle library.

Contact: Janet Penny

(360) 403-5502

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, both old and new.

Contact: Connie Johnson

(360) 652-7211

Travel Talk

2nd Fri

10:00-12:00pm

Location: Jensen Room

Love to travel or just enjoy hearing about fun adventures? October's topic is Croatia and Slovenia presented by Mark Kraus

Contact: Mark Kraus

(425) 503-9072

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.

Get Active

Exercise & Fitness



Camano Fit & Steady is a strength, balance, and flexibility fitness program for adults 65+, and is conducted by Traci Smith, a certified instructor who is trained to meet individual needs and set goals. The class is available to Camano Center members only and is at capacity. Class is offered as a monthly subscription. No drop-ins.

(8 A.M.) Camano Fit & Steady

Every Mon/Wed/Fri

8:00-9:00am

Location: Sundin Room

Class is at capacity.

(9 A.M.) Camano Fit & Steady

Every Mon/Wed/Fri

9:00-10:00am

Location: Sundin Room

Class is at capacity.

(10 A.M.) Camano Fit & Steady

Every Mon/Wed/Fri

10:00-11:00am

Location: Sundin Room

Class is at capacity.

(Continued on page 20)

(Continued from page 19)

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

Every Tue/Thu

9:15-10:15am

Location: Sundin Room

Class is at capacity.

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

Every Tue/Thu

10:15-11:15am

Location: Sundin Room

Class is at capacity.

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

Level 1

Every Tue/Thu

11:15-12:15pm

Location: Sundin Room

Class is at capacity.

LIFT 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

Line Dancing Class

Every Wed

3:00-4:00pm

Location: Sundin Room

Ready to kick up your heels and



join the dance floor? At our Line Dancing Lessons, we are all about fun and fitness rolled into one awesome experience!

The instructor, Kari Dziejwiontkoski

\$10/person

\$8/Camano Center Members

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.

Classic Country & Folk

Every Thu

1:00-3:00pm

Location: Jensen Room

Step into the spirit of classic country and folk music with a welcoming group that loves to

sing, play, and share the joy of music.

Contact: Lois Giles

(206) 235-3123

Cowboys Music Group

Every Fri

1:00-3:45pm

Location: Education Room

We play mostly country and western classics, and related classic folk, and country rock. Most acoustic instruments are suitable. The intent is to enjoy singing and playing and occasionally perform before audiences as a group at the Camano Center or at other venues. Contacts: Jack Rensel and Tim Spencer.

Interested in joining us? Stop-in by 12:30p.m. to talk to us before the music starts.

Music Group

Every Tue

1:00-3:15pm

Location: Sundin Room

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MUSIC ACTIVITIES AT THE CENTER



**ATTENDING MUSIC ACTIVITIES IS FREE TO ALL MEMBERS.
GUEST FEE PAYABLE AT THE FRONT DESK.**

■ **Camano Ukulele Ensemble**

MONDAY 1:00 PM - 3:00 PM
CONTACT: VAL SCHROEDER
(360) 387-2236

■ **Music Group**

TUESDAY 1:00PM - 3:15 PM
CONTACT: ROBIN WIDOFF
(707) 312-1112

■ **Classis Country & Folk**

THURSDAY 1:00 PM - 3:00 PM
CONTACT: LOIS GILES
(206) 235-3123

■ **Cowboy Music Group**

FRIDAY 1:00 PM - 3:45 PM
CONTACT: TIM SPENCER & JACK RENSEL
COME ON IN-PARTICIPATE OR JUST LISTEN



PAINT GROUP

OUR PAINT GROUP IS AN ALL MEDIUM COMMUNITY! ALL SKILL LEVELS WELCOME.

TUESDAY 8:00 AM - 11:00 AM
FRIDAY 12:30 PM - 3:30 PM

Email Kitty Tanji: dragoes@me.com
for more information

Free to
Camano Center
Members

(Continued from page 20)

Soft/light rock & roll, folk, blues, bluegrass, country, show tunes, jazz, Hawaiian, easy listening, and Classical. Acoustic non-amplified musical instruments. The use of small handheld individual vocal amplifiers is encouraged. Group will be encouraged to have an iPad for access to Dropbox for song content. with accompaniment & instrumentals.

Contact: Robin Widoff
707 312-1112

Get Creative Art & Sewing

Needle Works

Every Thu
9:00-11:00am
Location: Craft Room
Share your love of yarn in good company. Join us for a warm and welcoming gathering where we quilt, knit, crochet, embroider, and so much more!

Contact: Mary Beckham
(360) 387-6958

Tuesday & Friday Paint Group

Explore your creativity in a relaxed, welcoming studio setting. Bring your supplies and work with your preferred materials—watercolor, acrylic, mixed media, or more.
Contact: Kitty Tanji (425) 985-1319 (text only), 360 572-4123 or email: dragoes@me.com

Tuesday Paint Group

Every Tue
8:00-11:00am
Location: Craft Room

Friday Paint Group

Every Fri
12:30-3:30pm
Location: Craft Room



Mending Hearts Quilting Group

1st & 3rd Mon
8:00-12:00pm
Location: Craft Room
Mending Hearts is open to all crafters. No sewing experience? No problem! Fabric is provided for special projects, and friendly hands are always ready to guide you. Come share laughter, stories, and purpose as you help brighten a child's life—one stitch at a time.
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

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](#)

[Beautiful Skin by Lynn & Co.](#)

[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](#)

[Cascade Lumber](#)

[Cascadia Eye](#)

[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](#)

[Hausmeister Home Services](#)

[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](#)

[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](#)

[Vidor & Associates, Inc.](#)

[Windermere Real Estate](#)

[Windsor Square Senior Living](#)

What's Age Got to Do With It?

One Good Thing

One day, an elderly man decided to go for a bus ride, just to get out



and about instead of sitting at home brooding about the emptiness of his life. He found a seat behind a young girl who was sitting alone, slumped in her seat, looking very sad, hoodie pulled up over her head, red-eyed as if she'd been crying. Concerned, he leaned forward a bit and said, softly, "What's one good thing?" She tossed him a suspicious look and moved away a bit. He tried again, "Can you think of one good thing that has happened today? Anything. Like, 'My coffee wasn't cold,' or, 'It's stopped raining and the sun is shining.'"



She was silent for the rest of the ride. Finally, she pulled the cord to get off. Just as she

started down the steps to get off the bus, she turned, looked at the man, and said, "Thank you, mister."

She was there again the next day. After he sat down, she pulled a piece of paper out of her backpack, turned toward him tentatively, and showed it to

him. It was a picture of a girl in a cape with the caption, "You're my superhero." "My little brother drew this for me. That's a good thing, isn't it?" "It sure is," he replied.



Before she got off the bus, he saw her lean over a tired-looking woman and say, "One good thing?" The woman looked startled, then thoughtful. "I got paid today."



Next day when he got on the bus, the bus driver asked him, you guessed it..."One good thing?"

At the grocery store near his home, the checker greeted him with, "One good thing?"

And so it went...

Some time later, while he was sitting in the waiting room at the hospital where his wife was recovering from a heart attack, a lovely young woman approached him.



"Excuse me, I don't know if you'll remember this, but one day

when I was riding the bus home from visiting my mother in the hospital where she was having chemotherapy, you said something to me that changed my life, 'Tell me one good thing.'" Looking for that "one good thing" every day got me through that tough time. Mom recovered, and I began doing well in school again. I'm starting college this fall. That "one good thing" you did changed everything for me.

What's your "One Good Thing" today? Find it, savor it, and then pass the message along.



You might just change another life for the better!

NOTE: My speakers aren't working, so I can't promise this is a good song (or singer!), but the title is perfect, as are the lyrics. Give it a try if you're so inclined. If it doesn't play for you, try Googling it - Aloe Blacc - "One Good Thing".

<https://youtu.be/fK5bepZ0KnQ?si=JfECCxFRjZvbdqGD>



Connie Johnson
Camano Center Member



Camano Center Weddings

606 Arrowhead Rd. Camano Island

Catering

Our catering services provide a memorable experience with customizable menu options to fit various budgets.

Bride and Groom Suites

The venue includes a bridal room with a private bath and staging areas for the groomsmen and wedding party.

Licensed Bartender

On-site bartending services ensure your event is enjoyable, safe, and professionally managed.

Indoor & Outdoor

Host up to 200 guests for weddings, receptions, or special events with indoor and outdoor options.

AV Sound System

The Sundin Room features an AV sound system with microphones, Bluetooth sound, a projector, and a 10-foot-wide screen.

The Camano Center is a local, non profit organization serving Camano Island. When you book your event with us, 100% of your rental supports programs and services.

camanocenter.org | 360-387-0222



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

We support healthy aging, connection, and well-being for adults 55 and older.

Contact Us

info@camanocenter.org
606 Arrowhead Road
Camano Island | WA | 98282
(360) 387-0222