

CAMANO CENTER
AND
2ND CHANCE THRIFT SHOP
will be CLOSED

Monday, December 22
through
Saturday, December 27

Merry Christmas & Happy New Year!

December Highlights

Executive Director's Report

Page 4

SCGive

Page 7

Powerful Tools for Caregivers

Page 14

Holiday Message from
our Board President

Page 18

Shoppers got a cheerful jump-start to the season at the Camano Center's Holiday Craft & Gift Bazaar.

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

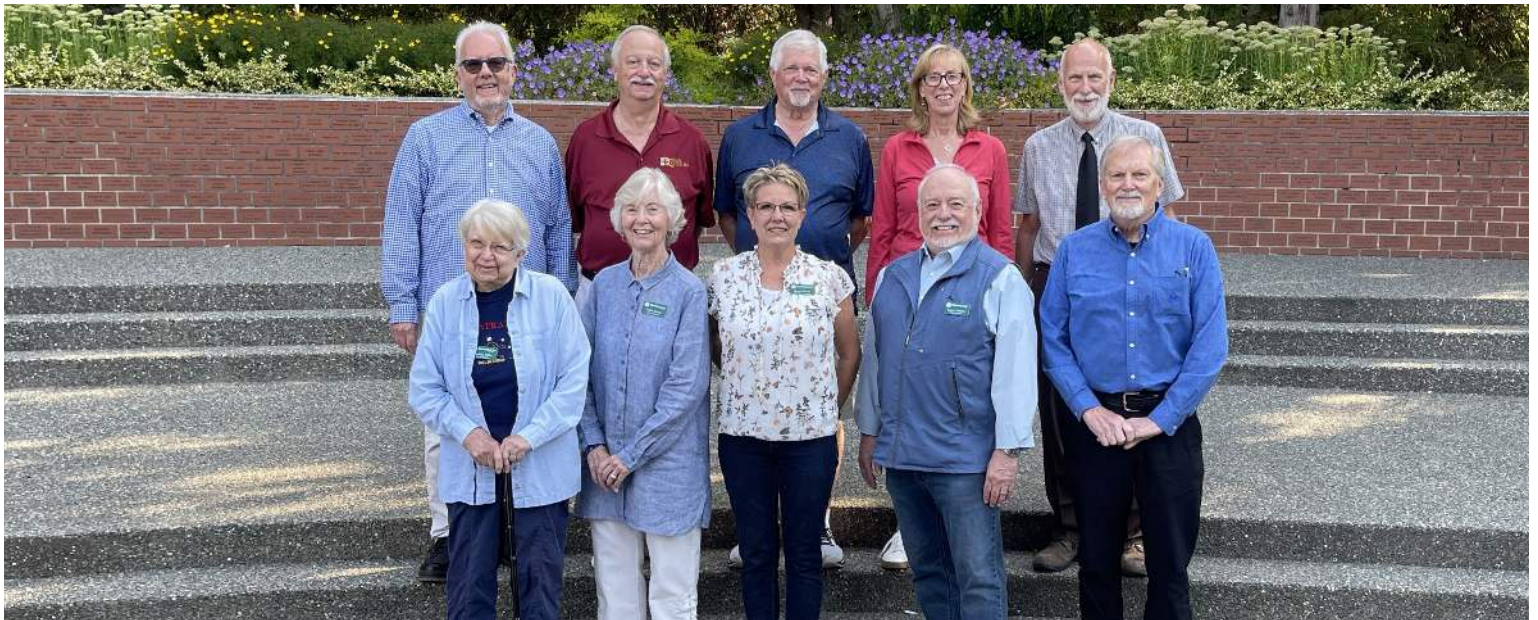
Kelly Kraus

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 Oct. 11—Nov. 10, 2025

Appreciation

Round Up Donors—2nd Chance Thrift Shop
Glen and Martha Brechlin—Foot Clinic
Trent Lowe—Meals Services
Sheila Smith—Medical Ride Program
St. Aidan's Episcopal Church—Camano Friends Club
Patrick Kennicott & Fred Steffan—Camano Friends Club
Su Wakefield—Morning Call Program
Donald and Dorothy Willet—Tax Aide

General

Juliane Abbott
Twin City Idlers
Hiram and Patricia Bronson
Pat Clark and Carol Hoeksema
Sandra Clemetson
Robin and Glen Elder
Marilyn and Walter Grosjean
Connie and Nick Johnson

General

Jill Johnstone
Anonymous Donor
Mark and Kelly Kraus
Claire Leatherman
Jeff and Bonney Lemkin
Ernie Major
Fred Monte
Dennis Roberts
Betsy Shields
Duane Simshauser
Tim and Kirsten Spencer
Phil and Candy Trautman
James Walden
Linda Wright
Leroy Zander

In Memory

David Wiley—In honor of Hilda Storey

It's the Season for Giving!

Every gift empowers the Camano Center to serve older adults with care.

* Gifts by Cash, Check, or Credit Card

Click [HERE](#) to make a donation online. Donations can also be made in person, over the phone, or by mail.

* Planned Giving via Qualified Charitable Distributions, Stocks/Bonds, Real Estate

We will be sharing more information on these topics in 2026! Preserve your legacy: Strengthen your community.

* Double Your Gift (Employer Matching Gift Program)

Take advantage of your Employer's matching gift program.

* Honor and Memory Gifts

Honor family, friends, and colleagues with a tribute gift in their name. We can notify family of your gift.

* Become a Member or Business Member

Your membership supports our programs and services! Click [HERE](#) to learn more, or call us at (360) 387-0222.

* Shop and Donate Goods at Camano Center's 2nd Chance Thrift Shop

Open Wednesday—Saturday, 10am-4pm! *Donations accepted Thursday—Saturday, 10am-4pm.*

* **Donate a Vehicle**—The Camano Center has connected with Donate for Charity, Inc. enabling donors to make a significant contribution to their favorite nonprofit. Click [HERE](#) or call them at 866-392-4483



Executive Director Report for Board of Directors

November 2025



Upcoming Events/Happenings for 2025/2026:

11/27 & 28	Center and Thrift closed for Thanksgiving
12/2	Giving Tuesday
12/16	Volunteer Appreciation Party
12/17	Holiday Lunch-Community Meal
3/14	55+ Resource Fair

Past 30 Days:

- The Craft Bazaar was very well attended with almost 1,200 people shopping. We had great volunteers helping navigate the traffic between our lot, the school, and Arrowhead ranch parking availability. P&L for event will be available next month.
- ED has had discussions and tours with multiple other senior centers this month to talk about funding, programs, being private vs city or county ran, etc.
- Kelsey Lovik from Northwest Regional Council came to provide grief support for staff and volunteers of our Camano Friends Club. We've had a lot of transitions and losses the past 3 months which is hard on everyone.
- We are looking into another form of a grief support group for all members and community that would like to attend. Lisa Brents is helping us locate a qualified facilitator and has identified at least one person that is interested in helping.
- Danny Koffmann continues to offer Greif to Gratitude and will be scheduling 2 sessions for 2026 soon.
- Our Simple IRA through Fidelity is in the process of being established so that employees can start contributing if they are interested. We will provide a 3% match as approved by the board for this year.
- We will have our Powerful Tools for Caregivers classes continue with NWRC support through June 2026, and most likely for an additional 4 years after the year end. This is great news, and because of it, we are in search of 2 more volunteers that would like to be trained and have caregiver experience.
- Cindy has been hard at work on the Giving Tuesday event that will be December 2nd. We are focusing on fundraising for our Camano Helping Hands volunteer program.
- Board met with Stordahl Capital Management to review our quarterly investments. The organization is doing very well.

- A few staff members and myself will be touring the new adult family respite care organization called JOY (Just. Older. Youth) that is located on 532 near Terry's Corner. We're pleased that another senior serving organization is coming to Camano!
- **Rentals this past month:** Medicare 101 (2 times), Community Resource Center Board Retreat, Chamber of Commerce Chili Chowder Cookoff, Taste Buddies
- **Non-profit meeting space:** CAA General meeting
- **Executive Director participated in the following Partnership/Collaborations:** Camano Fit, SCAF, Community Coalition of Stanwood-Camano, Community Foundation of Snohomish County, CIFR, NWRC, Island Senior Resources, SCAF Emergency Preparedness group, Fleur Larson Facilitation, Anacortes Senior Center, Mount Vernon Senior Center, Issaquah Senior Center, Shoreline Senior Center

Current Grants Applied for

Grants	Amount and Status	Designated for
HRSA- Health Resources and Services Association	Denied for \$250,000- funding cuts	Partnership with Camano Fire for CARES
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
Island Co. Public Health	Applied for \$8,000	Falls Prevention
Providence North Puget Sound	Denied due to funding cuts	Camano Helping Hands
Olson Foundation	Awarded \$75,000	CARES partnership- CIFR

Thrift Store update:

- Average Customer spend for November to date \$ 12.36
- Average Daily gross in sales for November to date is \$2,942
- Roof replacement will begin soon on the old building. A couple weeks ago we had a section of ceiling drywall come down on the far north west side of the linen sorting area. Damage was minimal and repairs will be completed after the roof is done. This project has been needed for many years.
- Carpet will be replaced in the linen room area once the roof and ceiling work is complete. It is still functioning in the linen sorting, just a little ugly!

SUPPORT OUR MISSION

**GIVE MONTHLY IN 2026.
CHANGE LIVES ALL YEAR.**

When you give monthly, you help connect your neighbors with essential care and support they might otherwise go without.

- ★ Medical Ride Program
- ★ Camano Friends Club
- ★ Camano Helping Hands
- ★ Social & Fitness Activities
- ★ Community Meals
- ★ Medical Lending Closet
- ★ Essential Services & Support



» Donate Now

 606 Arrowhead Road

 360-387-0222

 www.camano-center.org



Thank You

**BAKERS AND BAKE SALE
VOLUNTEERS**

**A huge thank-you to all who baked and
volunteered at our Holiday Bake Sale!**

Your generosity helped raise

\$1,179.00

**to support all the good things happening
at the Camano Center.**



CAMANO HELPING HANDS: SUPPORT FOR OLDER ADULTS



Give a hand to older adults on Camano Island! Your SC Give gift to the Camano Center funds supplies, volunteer mileage, and program support for our neighbors in need. Camano Helping Hands is a new volunteer-powered program that keeps neighbors safe, independent, and connected at home. Fund a hand on 12/2 to help a neighbor! ❤️



"As inflation increases and income decreases, those of you who donate your time and talents to reach out to those of us who are unable to keep up with the times deserve the highest commendation..."--Client

The SC GIVE logo, featuring a stylized green and blue icon on the left, the text "SC GIVE" in large green and blue letters, the website "SCGIVE.ORG" in green, and the date "DECEMBER 2, 2025" in white on a green background.

Programs, Services, & Partnerships Helping Older Adults



Camano Friends Club

Camano Friends Club

Camano Friends Club is a joyful and welcoming place where people living with memory loss can connect, engage and enjoy meaningful time together. Contact the

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. Club days are on Tuesday and Thursday. Visit or check our website for more information at camanocenter.org



Bringing the beauty of fall indoors with colorful, creative art projects.

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 for hire might include personal care, companionship, light housekeeping, meal preparation, medication management, transportation, home maintenance and much more!

Click [here](#) 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 Helping Hands/Volunteer Chore Program: Making an Early Impact in Our First Year

The Camano Helping Hands/Volunteer Chore Program officially served its first client in June 2025—and in just a few short months, volunteers have already completed dozens of small but meaningful tasks that help older adults continue living safely and comfortably at home. From grocery shopping and household chores to friendly visits and minor home upkeep, the program is quickly becoming a trusted lifeline for neighbors who need a little extra support.

Who We Serve

The program assists adults aged 60 or older, or living with a disability, who are living independently (not in a care facility), have limited income, and do not have other resources—such as family, friends, or church networks—to help meet essential day-to-day needs. Services are free and referrals are coordinated through NWRC’s Aging & Disability Resource Specialist or a medical provider or case manager.

What We Do

Helping Hands volunteers step in with light chores and practical assistance that make life a little easier. This program does not provide personal or medical care, moving services, or respite. Recent examples include:

Grocery Shopping & Errands: Accompanied client to grocery store, assisted with unloading groceries at home, and provided trips to the Camano Chapel Food Bank.

Household Tasks: Helped with vacuuming, mopping, general housecleaning, and organizing household items.

Outdoor & Home Safety Support: Inspected gutters, provided roof moss check, basic yard clean-up, and landscaping.

Social Connection: Provided friendly visits for clients who live alone and are at risk of isolation. Every posted request since June has been filled—an incredible testament to the generosity of Camano’s volunteers!

Volunteer Voices

“I highly recommend this program to those in need, as well as those who enjoy giving their time and energy to others.” — Cheryl D.

“Seeing the smiles afterward is very gratifying.” —

Tony

“Even though what I do is a drop in the bucket, I know I am directly helping someone in my community—and they appreciate it, especially because they live alone.”

— **Emily**

Clients feel the difference, too:

“The volunteers are much appreciated as a lifeline. Thank you so much!”

How to Learn More or Refer a Client

Services are available *by referral only*. Contact NWRC and mention the Camano Helping Hands/Volunteer Chore Program:

Aging & Disability Resource Specialist (NWRC):

Email: ADRCCamano@dshs.wa.gov

Phone: **360-428-1309**

Program Contact:

Angie Bayley,

Community Services Manager, Camano Center

360-387-0222 • abayley@camanocenter.org

Camano Helping Hands is our Giving Tuesday focus this year!

To donate to support this program on Giving Tuesday, 12/2, click this link [Camano Center | SC Give](#)

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



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.

December Lunch Entrée

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.

1	Mon	Beef Ravioli w/Marinara
3	Wed	Chicken Tikka Masala
5	Fri	New England Clam Chowder
8	Mon	Roasted Pork Loin
10	Wed	Beef & Pork Bolognese Calzone
12	Fri	Chicken Noodle Soup
15	Mon	Cheese Burger on Sesame Seed Bun
17	Wed	Holiday Lunch: Ham & Scalloped Potatoes
19	Fri	Vegetable Minestrone w/Pasta
22	Mon	Meals on Wheels Deliveries Only
24	Wed	Closed-No Meal Service
26	Fri	Closed-No Meal Service
29	Mon	Mushroom and Swiss Quiche
31	Wed	Meatloaf w/Tomatoes

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**



LET'S RIDE THE BUS!

360-629-7403 EXT. 101

snowgoose@lincolnhill-rc.org

7430 276th St NW Stanwood, WA



Snow Goose Transit's mission is to provide safe and reliable transportation for our local community. We focus on older adults, low-income families, and people with other kinds of mobility limitations. We connect underserved members of our rural community to needed resources and services.

Fare-free Bus Service:

- Stanwood
- Camano Island
- Arlington
- Smokey Point

Visit snowgoosetransit.org for more about us!



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!



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

Eye Glass Tuneups

**Wednesday, December 17
10 a.m. to 12:00 p.m.**

No Appointment Needed

Cascadia Eye, local medical eye care provider, is offering glasses cleaning service and minor glasses tune ups, including basic straightening and nose pad replacements if necessary at no charge.



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 Kendall Faragher, 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.

Powerful Tools for Caregivers

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 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. The 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.

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

Instructors Kris Kappel & Judith Shoudy

Next session offered at the Camano Center:
(Feb/March Session – limited space available)
February 19 - March 26
Thursdays, 9:30 a.m.—11:00 a.m.

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.

Aging & Disability Resource Program Specialist at the Camano Center every Wednesday



What types of things can the ADR specialist help me with?

Here are some examples:

- Applying for benefit programs like Medicaid, Medicare, Savings Programs, and Food Benefits
- Screening for In-home care services
- Referral to home delivered meals
- Information about local affordable housing
- Referrals to transportation services, caregiver support, and legal assistance
- Information on Medicare and referral to insurance specialists
- Local resources for housekeeping help and home maintenance programs
- Lists of local facilities including assisted living, adult family homes and skilled nursing.



Contact:

Paul Turner, NWRC ADR Specialist

Phone (360) 428-1309

Email: adrccamano@dshs.wa.gov



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.

Snohomish Conservation District

Annual Plant Sale



Camano Island residents will find plants well-suited to local conditions that can also support birds, pollinators, and other wildlife:

- Drought-tolerant trees like shore pine and vine maple
- Hardy shrubs like mock orange and serviceberry
- Thicket-forming Nootka rose (great for birds!)
- Colorful, low-maintenance groundcovers like salal, sword fern, and coastal strawberry

For over 40 years, Snohomish Conservation District has hosted an [Annual Plant Sale](#), offering affordable native trees, shrubs, and groundcovers to support local conservation. The 2026 pick-up days and walk-up sale are March 7 & 8 at the Evergreen State Fairgrounds in Monroe, WA.



Pre-sale ordering opens in January—join our digital [mailing list](#) to stay updated! Until our online plant shop opens, consider visiting the [Northwest Native Plant Guide](#) website to discover ways to incorporate native plants in your landscaping.

Get to know Snohomish Conservation District at www.snohomishcd.org.



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 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](#)

[Hausmeister Home Services](#)

[Heritage Bank](#)

[InsuranceWorks Agency](#)

[Island Harvest Farm](#)

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

[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](#)

Holiday Message from our Board President



Dear Camano Center & 2nd Chance Thrift Shop Friends and Family,

As we gather during this season of gratitude and reflection, the Board and I want to express our heartfelt thanks to each of you.

Your love, support, and companionship bring joy to all of us, and we are truly grateful for the cherished memories we've created together.

Thanksgiving is a time to pause and appreciate the blessings we often take for granted. We will remember the loved ones we lost and cherish the precious new ones that entered our lives. We overcame an array of daunting challenges by working together.

As we celebrate the Holidays, may your days be filled with warmth, comfort, and abundance. I hope you enjoy the company of those you love, indulge in delightful feasts, and make unforgettable memories.

Wishing you and your families a joyous Thanksgiving and Christmas season. May the new year ahead bring you prosperity, health, and happiness.

Sincerely,
Larry Carlstrom
CSSA Board President



2ND CHANCE THRIFT SHOP VOLUNTEER OPENINGS



**Shifts available on
Fridays and/or Saturdays
10 A.M.–1 P.M.**

**Volunteer roles include:
Checkout support
Creating and refreshing display areas**



Applications online at camanocenter.org/volunteer or stop by 2nd Chance Thrift Shop or the Camano Center.

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

What's Age Got to Do With It?

Everything and Nothing

Is it age, or is it the times we are living in? Does it really matter? We feel what we feel, and sometimes we just have to go with it, believing that, as Scarlett surmised..."Tomorrow is another day."

Here's to happier tomorrows ahead for all of us. In the meantime, I'm going to ask for your indulgence and just share a funny, timely, poem, a couple of ageless songs from childhood that always made me smile and/or giggle, and one that soothes my soul. May they do the same for you, and ease whatever stresses you might be facing today, no matter what your age.



https://youtu.be/cLBWLO_9EiY

A POLITICALLY CORRECT CHRISTMAS

'Twas the night before Christmas and Santa's a wreck...

How to live in a world that's politically correct?
His workers no longer would answer to "Elves".

"Vertically Challenged" they were calling themselves.
And labour conditions at the North Pole
were alleged by the union to stifle the soul.

Four reindeer had vanished, without much propriety,
Released to the wilds by the Humane Society.
And equal employment had made it quite clear
That Santa had better not use just reindeer.
So Dancer and Donner, Comet and Cupid
Were replaced with 4 pigs, and you know that looked
stupid!

And to show you the strangeness of life's ebbs and
flows, Rudolf was suing over unauthorized use of his
nose, And had gone on Jeremy Kyle, in front of the
nation, Demanding millions in over-due
compensation.

So, half of the reindeer were gone; and his wife, Who
suddenly said she'd enough of this life, Joined a self-
help group, packed, and left in a whiz,
Demanding from now on her title was Ms.
And as for the gifts, why, he'd never had a notion
That making a choice could cause so much
commotion.

Nothing of leather, nothing of fur,
Which meant nothing for him. And nothing for her.

Nothing that might be construed to pollute.
Nothing to aim, Nothing to shoot.
Nothing that clamoured or made lots of noise.
Nothing for just girls, or just for the boys.
Nothing that claimed to be gender specific.
Nothing that's warlike or non-pacifistic.

So Santa just stood there, disheveled, perplexed;
He just could not figure out what to do next.

His sack was quite empty, limp to the ground;
Nothing fully acceptable was to be found.
Something special was needed, a gift that he might
Give to all without angering the left or the right.
(So, something like this???)

<https://youtu.be/OjPm0o04lGE>



A gift that would satisfy, with no indecision,
Each group of people, every religion;
Every ethnicity, every hue,
Everyone, everywhere...even you.
So here is that gift, it's price beyond worth...
May you and your loved ones, enjoy...

https://youtu.be/0_DxNpW1kHQ

Connie Johnson
Camano Center Member

Friendship Teas

Come join us for tea, treats, and a nice visit with friends

First Tuesdays

10:30 - 11:30

In the Education Room at Camano Center

Bring a Friend



Make a Friend

<i>January 6</i>		<i>September 1</i>
<i>February 3</i>	<i>(Summer Break?)</i>	<i>October 5</i>
<i>March 3</i>	<i>(?) June 2</i>	<i>November 3</i>
<i>April 7</i>	<i>(?) July 7</i>	<i>December 1</i>
<i>May 5</i>	<i>(?) August 4 (?)</i>	

Camano Center Members - No Charge
1st timers - Free All others - \$5 at the front desk

Donations Welcome!

Contact: Connie Johnson (360) 652-7211

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: Lanny Lunsky, Meriaten Long, Gwen Herbert, Milly Kloepfer, Matt Olson, Stephanie Davis, & Leroy Zander

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 [online calendar](#).

Get Strategic

Cards & Games

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: Sherri Baker (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 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:

Toni Hilt (206) 949-1910

tonihilt@yahoo.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

Players rotate between tables to face different opponents and play new hands. It's a great way to meet others and enjoy strategic thinking in a supportive environment. [Find more information on duplicate bridge.](#)

Contact: Mike Bloom

(425) 971-1379

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

Call the Camano Center (360) 387-0222 or stop at the front desk to schedule an appointment.

Wanda Hill is here to offer help you learn more about:

- Your Windows operating system
- MS Word, Excel, Outlook
- General questions welcome

Sorry no Macs or phones.

Free to Camano Center members / Non-members by donation.

Remember to 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 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). Bring a list of 3 or 4 questions. Free to Camano Center members. Non-members by donation. Email Joyce Lukaczer to sign up fact@msdeadlines.com.

Get Active

Exercise & Fitness



Camano Fit & Steady is a strength, balance, and flexibility fitness program for adults 65+. The class is one hour long and is held 3 times a week (Monday, Wednesday & Friday) 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. Instructor: Traci Smith

(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

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

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! No need to bring a partner – just bring yourself. Our lessons cover everything from Country to Top 40, Hip Hop to Swing.

The instructor, Kari Dzewiontkoski \$10/person or \$8/Camano Center Members

(Continued on page 24)

Get Curious *Special Interest*

(Continued from page 23)

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. Volunteer librarians manage all donations of current fiction and non-fiction hardback books and keep them organized for us all to enjoy.

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

Read, Reflect, Connect!

Each month at the Camano Center, join fellow book lovers for a lively and welcoming book club featuring a thoughtfully selected read from the Sno-Isle Library. Come for the book—stay for the conversation and companionship.

Contact: Janet Penny

(360) 403-5502

Travel Talk

2nd Fri

Location: Jensen Room

Love to travel or just enjoy hearing about fun adventures? In

December, Michele Rushworth will present on her travels to India.

Contact: Mark Kraus

(425) 503-9072

Get Vocal *Music Makers*

Camano Ukulele Ensemble

Every Mon

1:00-3:00pm

Location: Craft Room

They offer a fun and supportive environment where you can sharpen your skills, perform for the community, and enjoy the uplifting energy of group music-making. It's a great way to stay engaged, meet new friends, and spread smiles through song.

Contact: Val Schroeder

(360) 387-2236

Music Group

Every Tue

1:00-3:15pm

Location: Sundin Room

Acoustic non-amplified musical instruments. The use of small handheld individual vocal amplifiers are encouraged. Group will be encouraged to have an iPad for "Music Group" for access to DropBox for song content.

Contact: Robin Widoff

(707) 312-1112

Classic Country & Folk

Every Thu

1:00-3:00pm

Location: Jensen Room

Step into the spirit of classic country and folk music.

Strum & Sing: Classic Country & Folk at the Camano Center.

We play country with a touch of folk. Whether you're a seasoned musician or just love to sing, all are welcome. Each session includes a jam plus a 20–30 minute practice for our monthly performance with the Camano Friends' Club

Contact: Lois Giles

(206) 235-3123

Cowboys Music Group

Every Fri

12:45-3:15pm

Location: Education Room

The genre is mostly country and western classics, and related classic folk, and country rock. Most acoustic instruments are suitable. We are fortunate to have a electric bass guitars, one lead electric guitar and a drummer. Voice amplification is allowed and encouraged when leading a song. Group Contact are Jack Rensel and Tim Spencer.

Come to the Camano Center Fridays at 12:30 PM to talk to Jack and Tim, as the music starts at 1PM.

Get Creative

Art & Sewing

Mending Hearts Quilting Group

1st & 3rd Mon

8:00-12:00pm

Location: Craft Room

Mending Hearts is open to all crafters, and you can participate for free as a Camano Center member. Bring your supplies and sewing machine. Fabric is provided for special projects. 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

All-Medium Paint Group meets

Tuesdays & Fridays It's a great way to connect with others, share ideas, and build friendships.

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

Tuesday Paint Group

Every Tue

8:00-11:00am

Location: Craft Room

Friday Paint Group

Every Fri

12:30-3:30pm

Location: Craft Room

Needle Works

Every Thu

9:00-11:00am

Location: Craft Room

Knit friendships, purl joy—share your love of yarn in good company. **Contact:** Mary Beckham at (360) 387-6958 for details.

Do you love working with fabric,

yarn, and creativity? Join us for a warm and welcoming gathering where we quilt, knit, and so much more! We exchange ideas, patterns, and personal stories while encouraging one another through every stitch. There's always laughter, plenty of creativity, and a strong sense of community. Bring your latest project or simply come to be inspired.

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



TRAVEL TALK

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

**2ND FRIDAY
10 A.M. - 12 P.M.**

**SEE THE
CAMANO CONNECTIONS
NEWSLETTER FOR DETAIL ON
EACH MONTH'S
PRESENTATION**

**INTERESTED IN
PRESENTING ONE OF
YOUR TRAVELS?**

CONTACT
MARK KRAUS
(425) 503-9072

PLEASE TEXT OR LEAVE
A VOICE MAIL MESSAGE



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