



SCAN ME

JANUARY 2026

camanocenter.org



CamanoCenter
Get connected.

CAMANO CONNECTIONS



2ND CHANCE THRIFT SHOP

Patty, Marilyn, Sylvia, Heidi, and Teri are waiting for you at the Camano Center's 2nd Chance Thrift Shop—every visit and donation helps fund programs and services for older adults at the Camano Center!”

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.



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camanocenter.org

Board of Directors

Larry Carlstrom | President

Paul Foster | Vice-President

Judith Shoudy | Treasurer

Jeff Highland | Secretary

Ken Johnson

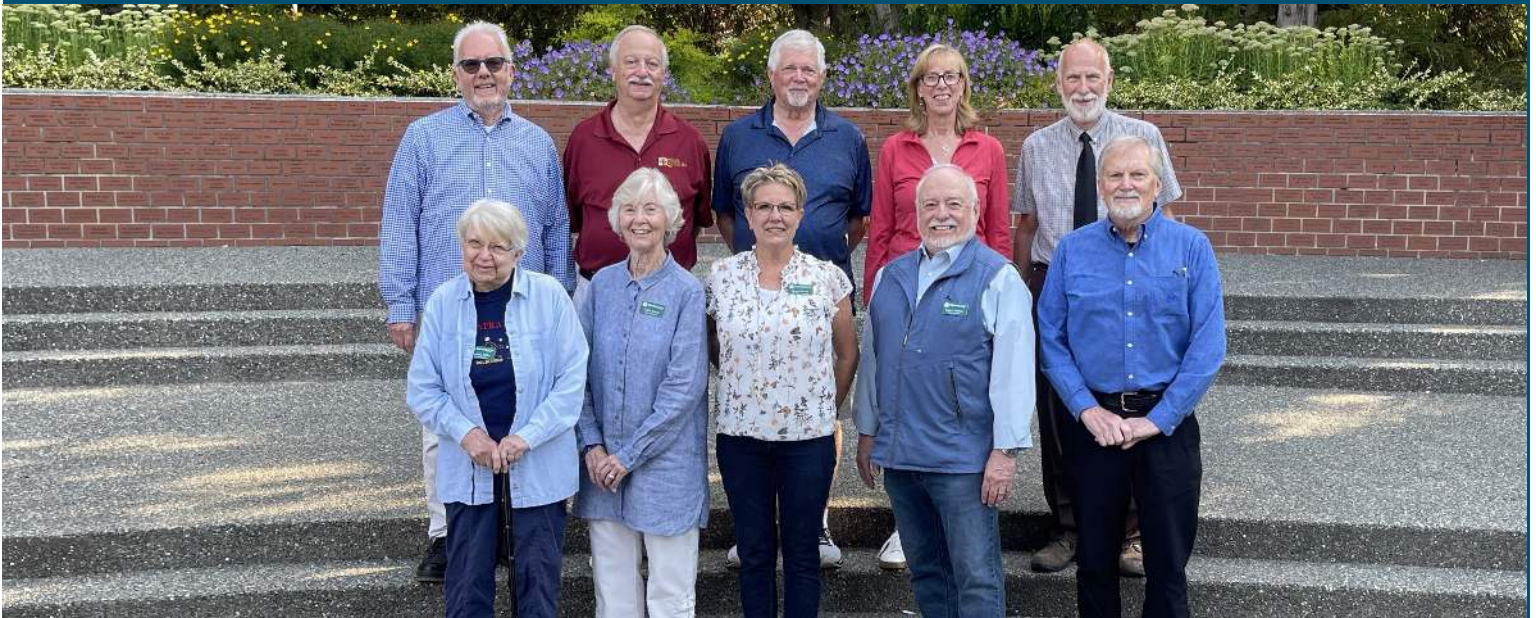
Kelly Kraus

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.

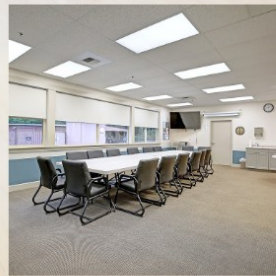
Camano Connections is funded by membership dues, advertising revenues and other fundraising efforts.

Venue Rentals

Now booking for 2026 dates!



CamanoCenter
Get connected.



- 5 varying room sizes
- On-site Catering Available
- AV Sound System
- Outdoor heaters
- Indoor & Outdoor Options
- Projector



Executive Director Report for Board of Directors

December 2025



Upcoming Events/Happenings for 2025/2026:

- 3/14 55+ Resource Fair
- 4/5 Camano 101
- 4/29 Volunteer Appreciation at the Center

Past 30 Days:

- The Craft Bazaar's final net profit for the November 15th event is \$4,017. The partnership with Sue Ryan Art worked great again this year. Thanks to Kendall for leading this event!
- The Simple IRA through Fidelity for employees is in its final steps to begin educating staff how to set up. Karen B and I have had multiple meetings and trials in getting the program up and running. We are on track for a January start but still no exact date of when everything can be entered and approved.
- Giving Tuesday was a great success, raising \$13,350 for the Helping Hands program newly formed this year! Thank you to Cindy for all her hard work!
- The volunteer appreciation party at the Thrift store was a fun afternoon for the many great people that keep our organization running day to day.
- Our Christmas lunch rescheduled from the 17th was attended by about 60 people on the 19th. Thanks to Adin, Lars and Kelly for preparing such a nice meal for so many!
- Karen and I toured 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 has come to Camano.
- Lisa has done a great job in identifying a licensed therapist willing to help us with ongoing grief discussions for our staff and volunteers. She has been able to secure 2 sessions per month to start in December and will be monitoring to see the demand.
- Our kitchen's hood suppression system has been checked and submitted to the fire department by WA Fire Safety and Supply. This must occur every 6 months.
- AAA Super Clean performed professional cleaning of the kitchen which is scheduled every 4 months.
- Staff group has begun meeting to formulate plans for our Strategic Plan 2026-2029 goals and objectives. This will be ongoing every other week for as long as needed. Once the teams and plans are underway, we will invite Board participation on the groups of their choice/interest.
- Julie has received her notary stamp and will be able to help notarize individuals in addition to myself.
- Karen Conway has been routinely meeting with the Aging Mastery Program leaders to formulate a new program since AMP will be ending in June of 2026.

- The solar project is slated to be up and running about the end of January. Because PUD has been upgrading the systems on Camano, there is a component that they need to add to protect the grid system with a large solar system as ours, so this is taking a little longer. We are still well within the grant cycle's deadlines.
- A big thank you from the staff for unanimously voting to close the week of Christmas to give everyone a nice long holiday. We have advised groups as needed that rely on us daily and have back-up plans formulated.
- **Rentals this past month:** CAA Holiday party, FOCIP Holiday party, Camano Garden Club lunch, Windermere holiday part, Cascade Lumber holiday party, Utsalady HOA meeting, Memorial
- **Non-profit meeting space:** Blood Drive
- Executive Director participated in the following Partnership/Collaborations: Camano Island Affordable Housing workgroup, Camano Fit, Community Coalition of Stanwood-Camano Steering Committee, Community Foundation of Snohomish County, CIFR, NWRC, Island Senior Resources, SCAF Emergency Preparedness group, SCAF Food Insecurity group, Fleur Larson Facilitation, Anacortes Senior Center, SC Food Bank

Current Grants Applied For:

Grants	Amount and Status	Designated for
Island Co. Public Health	Awarded \$8,000	Falls Prevention

Thrift Store update:

- Average Customer spend for December is \$13.78
- Average Daily gross in sales for December is \$3,287
- Average number of shoppers making a purchase for 2025 is up 10% over last year!
- The store has made a 10% increase in sales income over last year. Great work by that team!
- Roof replacement will start sometime in January. No firm date yet.
- Carpet will be replaced in the back linens area after the roof work is completed.
- Signage updating has been slowly getting accomplished. The reader board received a new board facing and slots that hold letters.
- The big red THRIFT SHOP wording has been added to the top of the reader board for better visibility to the public.
- New lighting has also been added for nighttime visual improvement.
- The big wooden sign is almost complete to put back up on the old building.
- An additional camera will be added to the current system since we have a blind spot that needs eyes on it.
- A replacement banner on the south facing side of building has been put up to instruct shoppers around the building to the entryway.
- The store has made a 10% increase in income over last year. Great work by that team!



Gratitude Corner

Thank you to the generous supporters who gave from Nov. 11—Dec. 10, 2025

Appreciation

- Thrift Shop Round Up Donors—2nd Chance Thrift Shop
- Anonymous Donors—Medical Lending Closet
- Pat Clark and Carol Hoeksema—Medical Rides
- Anonymous Donor—Camano Friends Club
- Anonymous Donor—Apple/MAC Tutoring
- Arthur and Cindy Lahlum—Medical Rides
- Joe and Grace Pedersen—Notary
- Krista Stogner and Jessica Sande—Camano Friends Club

Gala Auction

Teri McDonell - Fund A Mission

General Donations:

- Gerald and Rebecca Albers
- Anonymous Donor
- Larry and Jean Bach
- Brian and Patricia Bretland
- Hiram and Patricia Bronson
- Pat Clark and Carol Hoeksema
- Anonymous Donor
- John Mathis and Deannie Dunbar

General Donations:

- Adeline Gildow
- Alan and Connie Hall
- Stephen and Marie Heil
- Jeffrey Highland
- Ken and Bev Hovda
- Linda Lynn
- Kim Maesner
- Steve and Susan Maris
- Arberesha Miraj
- Connie Myers
- Betsy Shields
- Duane Simshauser
- Phil and Candy Trautman
- Charlotte Walker
- Anonymous Donor
- Craig and Rose Olson Family Fund

In Memory:

- Jill Johnstone—Terry Benham
- Philip Oman and Cynthia Jones—Terry Benham
- James Teslow— Gladys Teslow

Recurring Donations:

- Anonymous Donor
- Sandra Clemetson
- Robin and Glen Elder
- Marilyn and Walter Grosjean
- Connie and Nick Johnson
- Jill Johnstone
- Anonymous Donor
- Kelly and Mark Kraus
- Claire Leatherman
- Jeff and Bonney Lemkin
- Fred Monte
- James Walden

SUPPORT OUR MISSION



**GIVE MONTHLY.
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
- ▶ Essential Services & Support
- ▶ Community Meals



Consider a Monthly or Recurring Donation Today! ♥

DONATE NOW

360.387.0222 camanocenter.org

Donate Your Vehicle & Support the Camano Center!



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



ANNUAL IMPACT 2025

CamanoCenter
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685

Medical Transportation
Trips Completed:
Ensuring critical health
access

23,238
Miles

Logged by Volunteer
Medical Ride Drivers

2,160

Morning Connection Calls
to Isolated Older Adults:
Combating social isolation

2,400

Requests for Medical
Lending Equipment:
supporting in-home
recovery and independence

11,964

Camano Fit & Steady (Class
visits in 2025): Providing
structured balance and
strength training.

1,090

Active Individual and
Business Members

11,662

Supported Meals on
Wheels Deliveries

4,976

Served at Weekly
Community Lunches at
Camano Center

28%

Operational Budget
Supported by 2nd Chance
Thrift Shop: Varies year-to-
year based on donations &
grants.

90

Events, Meetings &
Partner Classes hosted at
Camano Center

4,933

Number of visits to Activities
and Social Groups in 2025

84

Number of Educational and
Tech Support Program
Offerings

486

Supported Foot Clinic Visits

922

Number of Visits to Camano
Friends Club: Giving respite
to caregivers weekly

The Camano Center is a nonprofit organization that supports the community through our mission to support healthy aging, connection, and well-being for adults 55 and older. Generous donors, sponsors, and volunteers make this all possible.

Please visit camanocenter.org or 360-387-0222 for more information.

**THANK YOU TO ALL OF OUR
DONORS, MEMBERS AND
VOLUNTEERS**

Together, We Made a Difference

Thank you for supporting Camano Helping Hands



During this year's **SC Give campaign**, our community came together in an incredible way. Thanks to your generosity, we raised **\$13,350**, including prize funding, in support of **Camano Helping Hands**—a volunteer-powered program providing practical, caring support to older adults on Camano Island.

This success would not have been possible without the collective generosity of our donors and community partners. We extend our sincere thanks to the **Stanwood-Camano Area Foundation**, and to sponsors **Lenz Enterprises**, and the **Donna & Charles Cole Charitable Foundation** for making this day of giving possible. We are deeply grateful to the donors listed below who helped us exceed our goal. Thank you for your kindness, commitment, and belief in caring for our neighbors.

Anonymous Donors*

Juliane Abbott
Phyllis Andrew
Darci Bailey
Norma Baunsgard
Vicki Baunsgard
Angie Bayley
Randy Boyer
Glenda Brown
Cathy Bruce
Karen Conway
Kathy Countryman
Jacquelyn DeFazio
Dave and Anne Deutschman
Bonnie Eckley
Cris and Kristy Ewell
Kendall Faragher
Catherine and Edward Farrey
Gerald and Nairy Finn
Paul and Juliana Foster
Karla Frey
Irene Rausch and Greg Fischer
Cheryl Gruger
Roxanne Hamilton
Cindy Hand
Elizabeth Helms
Mary Ellen Henry
Constance Johnson
Jill Johnstone

Phil Karlberg
Cathy Kolin
Kelly Kraus
Dave and Margaret La Pore
Margaret Landreth
Bonney Lemkin
Jeff and Kathy Lind
Veronica Long
Jeanne Maier
Mary Manning
Debbie Martin
John Mathis
Robin McGuire
Judy Mieger
Darlene Miller
Cathy Mitchell
Chuck and Patsy Nelson
Rose Olson
Phyllis Olson
Judith Pieper
Mischa Plesha
Patty Prentice
Pamela Pritzl
Teri Prochaska
Kathy Rathvon
Randi Reeder
Joan Schrammeck
David and Carol Anne Sears
John and Karen Selle

Marilyn Sheppard
Jeffrey Shifs
Judith Shoudy
Greg and Jean Shumate
Traci Smith
Kaye Sordt
Tim and Kirsten Spencer
Bruce and Candace Spong
Michael and Marjorie Stidham
Ellen Suffern
Utsalady Ladies Aid
Naomi Wark
Pamela Wesley
Ruth Westra
Dorothy Willet
Anne Williams
Sandra and Dave Wilson
Deanna and Tony Woo

**THANK YOU TO THE SPONSORS OF
THE 2025 SC GIVE CAMPAIGN**



LENZ
ENTERPRISES

**Donna and Charles Cole
Charitable Foundation**

55+ RESOURCE FAIR

SATURDAY

FAIR

MARCH 14, 2026

10:00AM - 2:00PM

Connect with 40+ local organizations offering valuable resources, support, and education for our 55+ community - all under one roof and FREE!

EVENT HIGHLIGHTS

We're excited to offer 3 speaker sessions. Stay tuned for more details!

MoCA Memory Screening

Complimentary
lunch from
10:30am-1:00pm



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606 Arrowhead Road • (360) 387-0222 • www.camano-center.org



GET CONNECTED!

CAMANO CENTER MEMBERSHIP



Stay social, active, and inspired! Make new friends, explore shared interests, take a class, enjoy a wide variety of activities (most are free for our Members!) or attend one of our events. There's something exciting happening every day, don't miss out!

INDIVIDUAL ANNUAL MEMBERSHIPS

Everyone is welcome! **Individual memberships are ONLY \$30!** Join online [HERE](#), or simply call or visit the Camano Center to get started. (360) 387-0222
606 Arrowhead Road, Camano Island



ANNUAL BUSINESS & NONPROFIT MEMBERSHIPS

A simple and affordable membership plan - **businesses are \$150 and nonprofits \$100!** Boost your visibility by displaying your marketing materials, while also featuring your business with a linked listing on our website and monthly newsletter and featured digital marketing. Join **ONLINE** today or call Juliane Abbott at (360) 387-1817 for more information.



www.camanocenter.org

If you are a new Camano Center Member joining for the first time, we would like to invite you to our new member lunch. New member lunches are typically scheduled for the 2nd Wednesday of each month.

Contact Juliane Abbott for more information.

jabbott@camanocenter.org

Welcome New Members



Left to right: Heidi Chappel, Jenn Chang, Lulu Silva-Manuel, Sandra Wice, Roger Wilcoxon & Jackie Wilcoxon

BUSINESS MEMBERS

Please Support the Businesses that Stand Behind 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](#)

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

[Bluhm Notary Services](#)

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

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

[Camano Chapel](#)

[Camano Fit](#)

[Camano Hill Water Company, LLC](#)

[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 ServicesHeritage Bank](#)

[Holbeck Construction & Design Inc.](#)

[Home Instead](#)

[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](#)

Programs, Services, & Partnerships Helping Older Adults



Camano Friends Club engage and enjoy meaningful

Camano Friends Club

Camano Friends Club is a joyful and welcoming place where people living with memory loss can connect,

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



Festive moments from this month as we celebrate the holidays together!

Camano Center

Medical Transportation Program

The Camano Center's Medical Transportation program is here to ensure you can get to the medical care you need. Our trusted volunteer drivers provide safe, reliable, free rides for people who may not have access to a car, live beyond regular bus routes, or need a little extra support getting to important medical appointments.

If you are an older adult, live alone, or simply need a dependable and friendly ride, this service is designed to help you maintain your health, independence, and peace of mind—at no cost to you.

You can also support this essential program by becoming a volunteer driver or contributing as a donor. Together, we help our community stay healthy—one ride at a time.



Contact Angie Bayley for more information or to register for the program.

(360) 387-0222

abayley@camanocenter.org

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:

\$40 toenails

\$10 fingernails

Checks accepted, cash preferred when possible.

Call to Schedule your Appointment

(360) 387-0222



Lynn & Donna

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.



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.

**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.**

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.

January Lunch Entrée

2	Fri	Broccoli Cheddar Soup
5	Mon	Chicken & Biscuits
7	Wed	Chicken Curry
9	Fri	Sausage Tortellini Soup
12	Mon	Baked Potato w/ Chili
14	Wed	Beef Pot Roast
16	Fri	Chicken Mulligatawny Soup
19	Mon	Meal Site Closed
21	Wed	Meatballs and Penne
23	Fri	Leek Potato Soup
26	Mon	Beef Sloppy Joe
28	Wed	Chicken Enchilada
30	Fri	Chicken and Wild Rice Soup

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 11a.m.-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,

Ensure Plus

Liquid Nutritional Supplements

Service provided in partnership with Island Senior Resources.



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

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

A six-week journey to reduce stress, build confidence, and care for yourself

Feeling stretched in your caregiving role? Whether you care for someone at home, in a facility, or from a distance, caregiving can take a toll. This six-week, evidence-based program gives you practical tools to care for yourself while caring for someone you love.

Six-week course at the Camano Center

February 19 – March 26

Thursdays, 9:30 a.m. – 11:00 a.m.

Camano Center

606 Arrowhead Road, Camano Island

Call the Camano Center to register 360-387-0222

(pre-registration required, offered at no cost)

Powerful Tools
FOR Caregivers



CamanoCenter
Get connected.

You'll Learn How To:
Reduce Stress
Improve Self-Confidence
Manage Time, Set Goals,
and Solve Problems
Better Communicate Your Feelings
Locate Helpful Resources
Make Tough Decisions

Classes are led by certified local instructors Judith Shoudy and Kris Kappel, both experienced caregivers passionate about supporting others.

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.



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

Morning Call Program

A Friendly Call to Start Your Day

Our trained volunteers provide friendly, scheduled phone calls to help ensure the participants' well-being and to brighten their day with a warm, caring voice.

Participants receive a brief check-in call on weekdays from one of our volunteers. These calls serve as an opportunity for casual conversation, reassurance, and connection. Calls are typically made Monday through Friday morning.

**To sign up, please contact 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!



Notary Services Available *At the Camano Center*

Bonnie Eckley and Juliane Abbott are 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.

**Call for an Appointment
(360) 387-0222**





Join the movement of grandparents speaking up for vaccines.

Share your story of how vaccines changed your life on [grandparentsforvaccines.com](https://www.grandparentsforvaccines.com)



Or email your story to healthproviders@islandcountywa.gov





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.

LET'S RIDE THE BUS!

360-629-7403 EXT. 101

snowgoose@lincolnhill-rc.org

7430 276th St NW Stanwood, WA

Fare-free Bus Service:

- Stanwood
- Camano Island
- Arlington
- Smokey Point

Visit snowgoosetransit.org for more about us!

CAMANO CENTER'S 2ND CHANCE THRIFT SHOP



PRACTICAL | VINTAGE | ANTIQUE

Treasure your style without stretching your wallet — from cozy essentials to unique household finds, your home will thank you.

Shopping
Wednesday - Saturday
10AM-4:00PM



Donations Accepted
Thursday - Saturday
10AM-4:00PM

📍 1335 ST. ROUTE 532 | CAMANO ISLAND, WA | (360) 629-6142

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

Join In & Connect with Others *at the Camano Center*

Get Vocal *Music Makers*

Camano Ukulele Ensemble

Every Mon
1/05/26-12/28/26
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

Music Group

Every Tue
1/06/26-12/29/26
1:00-3:15pm
Location: Sundin Room

Join our lively Acoustic Music Group focused on vocal music with instrumental accompaniment. are encouraged to bring an iPad to access our shared Dropbox folder for songs and lyrics.
Contact: Robin Widoff
(707)312-1112

Classic Country & Folk

Every Thu
1/08/26-12/31/26
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. We sing and play together weekly, blending timeless country with a touch of folk. Whether you're a seasoned musician or just love to sing, all are welcome. Each session includes a relaxed 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
1/02/26-12/25/26
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. 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. Show up at 12:30PM to talk to us, as the music starts at 1PM.

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](#).



MORNING MOVEMENT FOR EVERY BODY

ISLAND FUSION

12-class Punch Card
\$84/\$75 Camano Center Members

Tuesday & Thursday

LIFT 7 a.m.

Yoga Palates Fusion 8 a.m.

Join the class through the back patio doors

Classes taught by Carol Pope



Get Active

Exercise & Fitness

Lift & 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

1/06/26-12/31/26

7:00-8:00am

Location: Sundin Room

Pilates/Yoga Fusion

Every Tue/Thu

1/06/26-12/31/26

8:00-9:00am

Location: Sundin Room

Camano Fit & Steady

This 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, and Friday) and is

conducted by Traci Smith, a certified instructor who is trained to meet individual needs and set goals.

The program is open to Camano Center Members.

T/TH Class \$30/month M/W/F

Class \$40/month

Classes are currently 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

1/06/26-12/31/26

9:15-10:15am

Location: Sundin Room

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

Every Tue/Thu

1/06/26-12/31/26

10:15-11:15am

Location: Sundin Room

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

Level 1

Every Tue/Thu

1/06/26-12/29/26

11:15-12:15pm

Location: Sundin Room

Line Dancing with Kari

Every Wed

1/07/26-12/30/26

3:00-4:00pm

Location: Sundin Room

\$10 per person

\$8 for Camano Center Members

Get ready to step, slide, and spin your way to fun and fitness with Line Dancing Lessons at the

Camano Center! Whether you're new to dance or a seasoned pro, this class is perfect for all levels.

You'll stay active, boost memory,

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improve balance, and have a blast. . Enjoy a variety of music styles—from Country to Top 40, Swing, Hip Hop, and more. No partner needed—just bring your energy and a smile!

Instructor: Kari Dziejwiontkoski
(206) 375-4151

Get Curious *Special Interest*

Camano Center Lending Library

All Weekdays

8:00-4:00pm

Location: Library

Find Your Next Great Read

The Camano Center offers a cozy honor-system lending library for all. Browse donated hardback fiction and nonfiction, take a book home, and return it when you're done—no checkouts or due dates.

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

Turning Pages Book Club

1st Wed

2:30-3:30pm

Location: Jensen Room

The reading list is from the Sno-Isle library.

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 for information.

Travel Talk

2nd Fri

10:00-12:00pm

Location: Jensen Room

Come see the magical world of polar bears. Jeanne Poling is an award winning nature and wildlife photographer that will be talking about Churchill, Manitoba Canada. Come to Travel Talk!

Each month, a Camano Center member shares their trip—maybe a cruise, a European getaway, or a journey to somewhere totally unexpected—with a fun slideshow and great stories.

Contact: Mark Kraus
(425) 503-9072

Get Creative *Art & Sewing*



All-Medium Paint Group

Paint Group meets Tuesdays or Fridays, and participation is free to Camano Center members. 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

12:30-3:00pm

Location: Craft Room

Mending Hearts Quilting Group

1st & 3rd Mon every month until 12/21/26

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.

Contact: Joan Huehnerhoff
(425) 754-6620

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!

Contact: Mary Beckham
(360) 387-6958

Hero Quilters

3rd Wed

10:30-3:00pm

Location: Craft Room

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

Contact: Sharon Szekely
sharonsseams2b@yahoo.com

Get Strategic Cards & Games

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
(425) 593-0286
sbaker77@earthlink.net

Pinochle

Every Mon

12:30-3:30pm

Location: Education Room

Pinochle is a fast-paced game that can provide hours of fun! Playing for money is not required.

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

Cribbage & Dominos

Every Tue

1:00-4:00pm

Location: Education Room

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

Cribbage Contact: Bill Coons
(206) 825-3727
Dominos Contact: Marsha Kessler
mushmouse0813riel@gmail.com

Hand & Foot Canasta

Every Wed

12:30-3:30pm

Location: Education Room

Hand and Foot Canasta is a lively, team-based card game that brings friends together for fun and friendly competition.

Contact: Pat Bass
(415) 283-7929

Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

A social game played using the Standard American Bridge system.

Contact: Mike Bloom
(425) 971-1379

Get Smart Computer & Phone Help

Tech Tips

Every Tue

10:00-12:00pm

Location: Library

Wanda is here to offer help you learn more about your Windows operating system, MS Word, Excel, and Outlook. General questions welcome. No Macs or phones. Bring your laptop. Call the Camano Center (360) 387-0222 or stop at the front desk to schedule an appointment

Macbook and iPad/iPhone

Tutoring

2nd & 4th Thu

1:00-2:30pm

Location: Conference Room

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, however you want to use it. Email Joyce Lukaczer to sign up fact@msdeadlines.com.

What's Age Got to Do With It?

All In—And All Out!



My husband and I were in the “inaugural class” of the Aging Mastery Program when it was first offered here at the Camano Center a few years back. We found it invigorating, inspiring, and chock-full of great resources for navigating the challenges that living long bring with it. Just the experience of sharing what it feels like to grow older and to have to keep trying to figure it all out was a joy and a relief. We are, after all, all in this together, aren't we?

Once I earned my “Master's Degree in Aging,” I didn't want it to end there. I wanted more and more folks to have the same experience, and keep sharing thoughts, insights, information, and questions with

others. Hence, this column, “What's Age Got to Do With It?”

It's been fun trying to come up with topics that most all of us “of a certain age” might enjoy, and to share songs, reminisces, quotes, inspirations, and so forth. Eventually, however, all good things must come to an end, as they say, and hopefully, before everyone else starts to wish you'd hurry up and get there!



So, at the beginning of this new year, this seems like a very good place to start down another path of exploration regarding what age has to do with it, in my own life. Time to devote what energy I have left to doing some of the other things I have been meaning to do “someday,” because if there's one thing that's





Thanks for reading, "What's Age Got to Do With It?" and for your encouragement over the past few years. Hope it has brought you some joy, laughter, and even maybe a few answers!

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

Connie Johnson
Camano Center Member



certain it's that "someday" may never come unless we make it "today."

There's that online painting class with Jed Dorsey that I signed up for last January that I haven't even started (although I did finally manage to carve out a space to paint in yesterday);

the need to commit to setting up and starting to sell on my own little eBay shop;
and the imperative to somehow make my way through ¾ of a century of accumulation before it buries me!



I wish each and every one of you a happy, healthy, never-ending journey into finding your own answers to the question, "What's Age Got to Do With It?".

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

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

Camano Center Members - No Charge

1st timers - Free All others - \$5 at the front desk

Donations Welcome!

Contact: Connie Johnson (360) 652-7211



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