



SCAN ME

FEBRUARY 2026

camanocenter.org



CamanoCenter  
Get connected.

CAMANO CONNECTIONS

# 55+ RESOURCE FAIR

SATURDAY  
MARCH 14, 2026  
10:00AM - 2:00PM



CamanoCenter  
Get connected.

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

## EVENT HIGHLIGHTS

- 10:00am: Navigating Local Care Support
- 11:30am: How To Talk To Your Doc
- 1:00pm: Getting Your Ducks In A Row - Estate And Long-Term Care Planning

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

MoCA Memory Screenings  
Full-Body DEXA Scans



Scan the QR code to schedule your DEXA scan today!



606 Arrowhead Road • (360) 387-0222 • [www.camanocenter.org](http://www.camanocenter.org)

## 55+ Resource Fair

Join us for the 2026 55+ Resource Fair! Your one-stop hub for services, programs and activities that support healthy aging, connection, independence and overall wellbeing. Complete details on [page 8](#).

## 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](http://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.

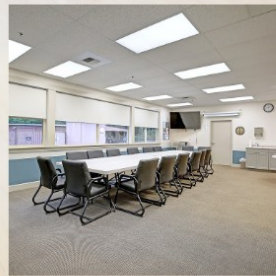
Camano Connections is funded by membership dues and other fundraising efforts.

# 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

## January 2026



### Upcoming Events/Happenings for 2026:

1/30	Camano Friends Club party
2/13-22	Glass Quest Headquarters
3/14	55+ Resource Fair
4/5	Camano 101
4/29	Volunteer Appreciation at the Center

### **Past 30 Days:**

- The Simple IRA through Fidelity for employees is up and running for staff that wish to participate. This is an exciting benefit for staff! Thank you for supporting this in the budget.
- The volunteer appreciation party at the Thrift store was a great time. The income from the shoppers paid for the staff, appetizers and drinks.
- Staff have met three times 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, plans, and timelines are underway, we will invite Board participation on the groups of their choice/interest.
- Julie had her first notary appointment this month. This is great to have two of us able to provide this service.
- 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.
- Angie, Kendall, Lisa and I met with the Transportation drivers to go over some forms that needed filling out and also to review our handbook. After our audit with NWRC we had some updates to make. The best part was the sharing between volunteer drivers about their experiences and how the program brings so much joy to their lives, while doing the same for the community.
- Department of Licensing performed an audit also, of our access to our drivers reports. All information they requested was sent to them via secure website.
- Our yearly tax exemption status has been renewed for the year through department of revenue.
- Camano Friends Club will host the "Snowflake Shindig" at the end of the month, to celebrate with club members, their loved ones, and the volunteers that make the club so meaningful. 2025 has been a year of tremendous loss for the club so we felt the need to come together to enjoy one another.

- Taxes went up to 9% for Camano. Registers have been updated at the Thrift Shop.
- Our annual fire inspection occurred for the Thrift Shop and Center. Both passed with very minimal work orders resulting.
- Our regular professional cleaning (every 4 months) occurred in our commercial kitchen this month.
- **Rentals this past month:** Memorial, Line Dancing, Yoga
- **Non-profit meeting space:** Camano Chamber’s State of the Chamber Lunch, Island Transit
- **Executive Director participated in the following Partnership/Collaborations:** Camano Fit, Community Coalition of Stanwood-Camano Steering Committee, CIFR, NWRC, Island Senior Resources, SCAF Emergency Preparedness group, SCAF Food Insecurity group, SC Food Bank, Island County Transit, Camano Chamber of

**Current Grants Applied for:**

<b>Grants</b>	<b>Amount and Status</b>	<b>Designated for</b>
Island Co. Public Health	<b>Awarded \$8,000</b>	Falls Prevention
SCAF Community Chest Grant	Applied for \$2,500	Camano Friends Club scholarships
Dept of Health	Applied for \$7,500	Brain health education & programs

**Thrift Store update:**

- Average Customer spend for January is \$13.83
- Average Daily gross in sales for January is \$3,290
- Roof replacement will should be complete by January 26. This project has been needed for over 10 years.
- Carpet will be replaced in the back linens area after the roof work is completed.
- The reader board received new facing and slots that hold the letters. After the windstorm and flooding the entire structure had to be secured with new cement posts. Thank you Tom!
- The old wooden sign from the front of the old building is complete and secured back in place. Thank you to Tom, JC, Steve and Jeff for helping install.
- An additional camera has been installed to cover doorway that was missing.
- Bids are being collected currently for the possibility of an awning outside of Receiving.

# WITH GRATITUDE

*Recognizing gifts made between 12.11.25 and 01.10.26*

## **Appreciation:**

Round Up Donors – 2nd Chance Thrift Shop  
Anonymous Donor – Medical Closet  
Richard Hestekind and Gail Austin – Paint Groups  
Tim Cuchna and Cynthia Lahti – Camano Center Programs  
Scott Nehrenz – Notary Public  
Kitty and Dennis Tanji – Paint Groups

## **General Donations:**

Chris Ballew  
Hiram and Patricia Bronson  
Jo Anne Burklund  
James and Kathryn Engstrom – Donate for Charity Car Donation  
Sue Hamilton and Andy Forres  
Esther Immer  
Donna and Daniel Joudrey  
Richard Killingsworth  
Pam Kindelberger  
Jeff and Bonney Lemkin  
Joan Pino  
Chris and Elaine Richards  
Michele Rushworth  
Jane Summerfelt

## **General Donations:**

Joanna and Paul Williams  
Susan Youngsman - In honor of  
Kathryn Arnold  
Bob Cole and Shirley Swanson

## **Recurring Donations:**

Anonymous Donor  
Sandra Clemetson  
Robin and Glen Elder  
Marilyn and Walter Grosjean  
Connie and Nick Johnson  
Jill Johnstone  
Anonymous Donor  
Mark and Kelly Kraus  
Jeff and Bonney Lemkin  
Fred Monte  
Betsy Shields  
Phil and Candy Trautman  
James and Karen Walden

## **In Memory:**

William Kasper – Ann Kasper  
David and Lori Yandell – Steven Knopp



## SMART GIVING IN 2026

### **Qualified Charitable Distributions (QCDs):**

If you are 70½ or older, you can give up to \$100,000 directly from your IRA to a nonprofit. It satisfies your Required Minimum Distribution (RMD) and is 100% tax-free.

### **Donate your Vehicle**

Through Donate for Charity - Call (866) 392-4483 for more information or by using this direct link:  
<https://donateforcharity.com/nonprofit/camano-senior-services-association/>

### **Give Monthly/Recurring Donations:**

Monthly/recurring giving provides the steady, predictable foundation the Camano Center needs to plan for the future. [camanocenter.org/donate](https://camanocenter.org/donate)

### **Donor-Advised Funds (DAFs):**

Give through your DAF to provide immediate support to our programs. It's a simple, tax-efficient way to manage your charitable goals.

# 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
- Essential Services & Support
- Community Meals



**Donate Now** >>

 360-387-0222

 [www.camano-center.org](http://www.camano-center.org)

# 55+ RESOURCE FAIR

SATURDAY, MARCH 14TH 10:00-2:00



(360) 387-0222

• 606 Arrowhead Road, Camano Island

• [www.camanocenter.org](http://www.camanocenter.org)

**Join us for the 2026 55+ Resource Fair!** Your one-stop hub for services, programs, and activities that support healthy aging, connection, independence, and overall well-being.

Whether you're navigating current needs, planning for the future, or gathering helpful information for a loved one, you'll find a wide range of community partners ready to help. Meet representatives from government and nonprofit agencies, medical and wellness providers, local transportation services, senior living communities, legal and financial professionals, public safety organizations, volunteer programs, and more.

This year's fair will feature three informative guest speakers, full-body DEXA scans and free on-site MoCA Memory Screening sessions. Plus, all attendees can enjoy a complimentary lunch from 10:30am to 1:30pm!

***Discover resources. Ask questions. Make connections.***

## **10:00am-11:00am - Help Is Closer Than You Think: Navigating Local Care Support**

*Paul Turner, Aging & Disability Resource Specialist, NWRC*

*Kelsey Lovik, Dementia Program Specialist, NWRC*

Join us for a presentation that empowers older adults, caregivers, and families with practical knowledge about local and statewide resources that promote independence, caregiving, and future planning. Attendees will learn why knowing where to turn before a crisis can reduce stress, preserve independence, and lead to better outcomes when unexpected health or caregiving needs arise. The session highlights in-home care options, community supports, statewide and specialized caregiver and dementia programs, and guidance around residential care and housing decisions. Participants will also learn how Aging & Disability Resource Specialists can serve as a trusted starting point for information, referrals, and care planning, with time for questions and real-life "what if" scenarios.

### **11:30am-12:30pm - How To Talk To Your Doc**

*Dr. Alethea Fleming, Vital Aging Clinic*

Join local physician Dr. Alethea Fleming for an engaging and informative talk on how to make the most of your time with your doctor. You will walk away with specific tips on communication as well as avoiding polypharmacy. Bring a healthy sense of humor to a fun talk on navigating the realities of the current healthcare system and walk away feeling empowered to have a stronger relationship with your health care providers.

### **1:00pm-2:00pm - Getting Your Ducks In A Row - Estate And Long-Term Care Planning Basics**

*James Dolan, Elder Law Attorney, Jones Butler Dolan, PS*

This overview on Estate Planning, Wills, Power of Attorney, Advance Directives, Guardianships, Special Needs Trusts, Medicaid and more will help you in planning for your future.



#### ***MoCA Memory Screenings***

The Montreal Cognitive Assessment (MoCA) is a test used to detect mild cognitive decline. The test can be administered with a pen and paper and is usually completed in about 10 minutes. It is important to note that the MoCA test can't diagnose mild cognitive impairment (MCI) or dementia, but it can be used as a screening tool that can help identify people who may need further testing. The MoCA test is not a substitute for any medical intervention. Sign-up is available at the event!



#### ***Full-Body DEXA Scans***

Nomad Fit Lab is bringing the "gold standard" for accurately measuring body composition. DEXA scans are recognized as the most accurate and reliable measure for analyzing bone mineral density, lean muscle mass, and body fat. Scans will be available on-site from 9:00am - 4:00pm and are only \$59.95!

**Click the link below for the direct booking page where you can select your time and pay for your appointment or call (360) 488-9870 today!**

<https://www.nomadfitlab.com/location/?storeid=MTY5Nzc=>



# GET CONNECTED!

## CAMANO CENTER MEMBERSHIP

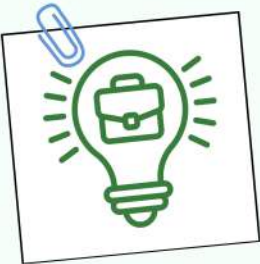


Stay social, active, and inspired! Make new friends, explore shared interests, take a class, enjoy a wide variety of activities (most are free for our Members!) or attend one of our events. There's something exciting happening every day, don't miss out!



### 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](http://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](mailto:jabbott@camanocenter.org)

## Welcome New Members



Left to Right: Bill Kappel, Cate Kappel, Ken Hovda, Bev Hovda, & Connie Myers

# 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 Hills Water Company, LLC](#)

[Camano Island Dental Center](#)

[Camano Island Mosquito Control District](#)

[Camano Kerri – North48 Real Estate](#)

[Camano Log House](#)

[Cascade Lumber](#)

[Cascade Village at Smokey Point](#)

[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](#)

[Fieldstone Memory Care of Marysville](#)

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

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

[Hausmeister Home Services](#)

[Heritage Bank](#)

[Holbeck Construction & Design Inc.](#)

[Home Instead](#)

[InsuranceWorks Agency](#)

[Island Harvest Farm](#)

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

[Jared Johnson – Edward Jones](#)

[Josephine at Home](#)

[Josephine Caring Community](#)

[Josh Kelley – Edward Jones](#)

[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](#)

[Nordvaka Hypnosis](#)

[Our Legacy Fields](#)

[Pope Chiropractic](#)

[Puget Sound Tree Care, LLC](#)

[Right At Home](#)

[Safe Harbor Legal Solutions](#)

[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](#)

[Tootsie Trimmer](#)

[Vidor & Associates, Inc.](#)

[Windermere Real Estate](#)

# 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](http://camanocenter.org)

**Thursday Session Opening Available!**



*Creating, connecting, and staying cozy together this winter!*

## 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](mailto:abayley@camanocenter.org)**

# Foot Care Clinic

*Provided by D & L Essential Services*

Appointments are available on  
the 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> 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.

**For more information call (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.

**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](mailto:Lars.Wengren).

[camanokitchen@islandseniorservices.org](mailto: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.**

## February Lunch Entrée

2	Mon	Kielbasa & Smashed Potatoes
4	Wed	Beef & Broccoli Stir Fry
6	Fri	White Bean Turkey Chili
9	Mon	Roasted Garlic & Swiss Strata
11	Wed	Pepperoni Pizza
13	Fri	Creamy Tomato Basil Soup
16	Mon	President’s Day—Meal Site Closed
18	Wed	Chicken Swimming Rama
20	Fri	Beef and Vegetable Soup
23	Mon	Crispy Chicken Sandwich
25	Wed	Chicken Penne Alfredo
27	Fri	Broccoli Cheddar 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.**

# The Losses We Carry *and* *the* Courage to Keep Growing

— A Conversation About Aging —

**Monday, February 23, 1:30 pm -2:30 pm**

Camano Center, 606 Arrowhead Rd.

**Aging brings change**—and with it, losses that are often unspoken. In this compassionate presentation, Dr. Katie Eastman, licensed psychotherapist, Master Grief & Transition Coach, and author of *Uplifting: Inspiring Stories of Loss, Change, and Growth*, invites participants into a thoughtful conversation about the emotional and relational shifts that come with aging.



Dr. Katie Eastman

With more than 40 years of experience, Dr. Katie reframes loss as an opportunity for resilience, meaning, and continued growth. The session includes guided reflection and discussion, offering space for connection, shared wisdom, and the reminder that while we grow older, we can also grow wiser!

This presentation is offered at no charge. Optional food donations for the Stanwood Camano Food Bank are appreciated.



**CamanoCenter**  
Get connected.

**RSVP to 360-387-0222**

[www.camanocenter.org](http://www.camanocenter.org)

# 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](mailto: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.

# The Volunteer Chore Program & Camano Helping Hands



**Need a Little Help at Home?**

The Volunteer Chore Program (Camano Helping Hands) is a partnership between The Camano Center and Opportunity Council.

We coordinate FREE assistance, provided by trained volunteers, for low-income and isolated seniors and people with disabilities living on Camano Island.

## How We Can Help

- Yard work & light outdoor tasks
- Grocery shopping & errands
- Rides to local appointments
- Light cleaning
- Friendly social visits
- Animal care
- Firewood provision & more

## How to Apply

Contact:  
Northwest Regional Council  
Aging & Disability Resources  
[ADRccamano@dshs.wa.gov](mailto:ADRccamano@dshs.wa.gov)  
(360) 428-1309

## Questions?

Call Angie Bayley at  
360-387-0222 ext. 226



**CamanoCenter**  
*Get connected.*

# 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, contact Juliane Abbott  
(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.—3:00 p.m.

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



2026 Program Schedule

# GRIEF TO GRATITUDE

## STORIED PASTS



"THE BRIGHTEST STAR IN THE NIGHT SKY  
REMINDS ME OF THE ONE I LOVED & LOST"  
Danny Koffman

Come & Share Uplifting Stories  
of Your Lost Loved One to Inspire  
Joy, Reflection & Gratitude.

*The most common of human experiences is the loss of those we love. This unique free program creates the space for you to share and celebrate that common reality.*

Facilitated by Danny Koffman, artist & author  
for more info contact [dan@koffman.net](mailto:dan@koffman.net) -or call- 360.348.6277

10AM at the CAMANO CENTER  
Monday, Feb. 23rd



**AARP Foundation Tax-Aide** volunteers are returning to the Camano Center to offer free tax assistance, with a focus on adults age 50+ and those with low to moderate income.

Appointments are available Mondays and Wednesdays, February 2 through April 15. To schedule an appointment, you must come to the Camano Center in person. At that time, you'll receive a tax packet. It must be completed and brought with you on your appointment day.

## Free Eye Glass Cleaning & Adjustments



Cascadia Eye, a valued Camano Center Business Member, will be on-site offering free eyeglass cleaning and adjustments. Stop by to meet their friendly team and keep your glasses in top shape—no appointment needed!

**Wednesday, February 11**  
**10:00 a.m. — 12:00 p.m.**

  
**cascadiaeye** *Vision for Life*



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

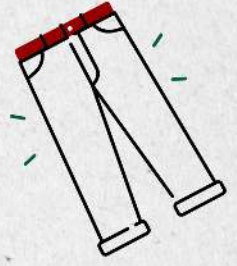
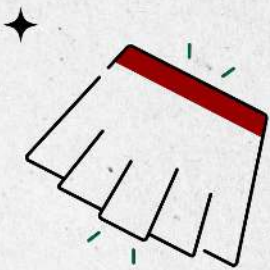
**Fare-free Bus Service:**

- Stanwood
- Camano Island
- Arlington
- Smokey Point

Visit [snowgoosetransit.org](http://snowgoosetransit.org) for more about us!

**CAMANO CENTER'S**

# 2ND CHANCE THRIFT SHOP



**PRACTICAL | VINTAGE | ANTIQUE**

Refresh your wardrobe without overspending — from cozy basics to standout pieces, thrifted style is always a good find.

Shopping  
Wednesday - Saturday  
**10AM-4:00PM**



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

[2ndchancethriftshop.org](http://2ndchancethriftshop.org)

📍 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  
1:00-3:00pm  
Location: Craft Room

The Camano Ukulele Ensemble invites you to play, connect, and share the fun of music. Make music and meaningful connections with the **Camano Ukulele Ensemble!** Must have a basic understanding of the ukulele.

Contact: Val Schroeder  
(360) 387-2236

#### Music Group

Every Tue  
1:00-3:15pm  
Location: Sundin Room

Sing, Play, and Enjoy! A wide variety of styles, including light rock, folk, blues, bluegrass, country, show tunes, jazz, Hawaiian, easy listening, and classical.

All instruments must be non-amplified, though small personal vocal amplifiers are welcome.

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 with a welcoming group that loves to sing, play, and share the joy of music. We sing and play together blending timeless country with a touch of folk.

Whether you're a seasoned musician or just love to sing, all are welcome.

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.

Contacts: Jack Rensel and Tim Spencer Show up at 12:30 to talk to us.

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](#).***



# SOCIAL DANCE SIMPLIFIED **LINE DANCE CLASS**

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

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

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



## 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, and Friday) and is conducted by Traci Smith, a certified instructor who is trained to meet individual needs and set goals. This seated class is designed for individuals with limited mobility. Contact the front desk for information on class availability. (360) 387-0222.

#### **(8 A.M.) Camano Fit & Steady**

Mon/Wed/Fri  
8:00-9:00am  
Location: Sundin Room

#### **(9 A.M.) Camano Fit & Steady**

Mon/Wed/Fri  
9:00-10:00am  
Location: Sundin Room

#### **(10 A.M.) Camano Fit & Steady**

Mon/Wed/Fri  
10:00-11:00am  
Location: Sundin Room

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

Tue/Thu  
9:15-10:15am  
Location: Sundin Room

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

Tue/Thu  
10:15-11:15am  
Location: Sundin Room

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

**Level 1**  
Tue/Thu  
11:15-12:15pm  
Location: Sundin Room

#### **LIFT (Weight Conditioning) & 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 with Kari**

Every Wed  
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. 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! You'll stay active, boost memory, improve balance, and have a blast.

Instructor: Kari Dziejwiontkoski  
Register online at [socialdancesimplified.com](http://socialdancesimplified.com) or call Kari at (206) 375-4151

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## Get Curious *Special Interest*

### 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: Library

The reading list is from the Sno-Isle library. Join fellow book lovers for a lively and welcoming book club featuring a thoughtfully selected read from the Sno-Isle Library.

Contact: Janet Penny  
(360) 403-5502

### Travel Talk

2nd Fri 10:00-12:00pm  
Location: Jensen Room

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*

### Mending Hearts Quilting Group

1st & 3rd Mon  
8:00-12:00pm  
Location: Craft Room

Join a circle of caring friends. This group creates quilts and comforting bags for the Brigid Collins Child Advocacy Center, Domestic Violence Services of Snohomish County, and local disaster relief efforts. Bring your supplies and sewing machine. Fabric is provided for special projects.

Contact: Joan Huehnerhoff  
(425) 754-6620

### **Paint Group at the Camano Center**

Paint Group meets on Tuesdays or Fridays. Join us and explore your creativity in a relaxed, welcoming studio setting. Bring your supplies and work with your preferred materials. 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](mailto: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

### 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! Whether you're a seasoned crafter or just starting out, you'll find inspiration, friendship, and a joyful space to share your talents.

**Contact:** Mary Beckham  
(360) 387-6958



### Stanwood-Camano Hero Quilters

3rd Wed

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](mailto:sharonsseams2b@yahoo.com)

## Get Strategic *Cards & Games*

### Mah Jongg

Every Mon

9:00-12:00pm

Location: Education Room

Join us for a classic tile-based game blending strategy, luck, and social interaction. You'll appreciate the rhythmic shuffle of tiles and the joy of play. Come be part of the fun!

**Contact:** Sherri Baker

(425) 593-0286 or

[sbaker77@earthlink.net](mailto:sbaker77@earthlink.net) for details.

### Pinochle

Every Mon

12:30-3:30pm

Location: Education Room

Join us for a fun and engaging card game. Whether playing solo or with a partner, Pinochle offers a rewarding experience through strategic decision-making and teamwork. Come play, connect with others, and enjoy the friendly competition that makes Pinochle a

favorite among card players. All skill levels welcome!

Contact: Mary Rauch

[mjrauch@wavecable.com](mailto:mjrauch@wavecable.com)

(360) 387-1142

### Cribbage & Dominos

Every Tue

12:30-3:30pm

Location: Education Room

Play Cribbage or Dominoes at the Camano Center. Both activities share the same room and play at the same time.

Whether you're a beginner or a seasoned player, all skill levels are welcome. Enjoy friendly competition, great conversation, and a relaxed atmosphere. Come play and connect—you're sure to have a great time.

**Cribbage Contact:** Al Kennedy

(530) 905-1948

**Dominos Contact:** Toni Hilt

(206) 949-1910

### Hand & Foot Canasta

Every Wed

12:30-3:30pm

Location: Education Room

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

Everyone is welcome.

Contact: Pat Bass (415) 283-7929

for more information and rules of play.

### Duplicate Bridge

Every Thu

12:30-3:30pm

Location: Education Room

Join us for a fun and social game played using the Standard American Bridge system. It's a great way to meet others and enjoy strategic thinking in a supportive environment.

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 MS Word, Excel & Outlook. General questions welcome. Sorry no Macs or phones. Please bring your laptop. Call the Camano Center to sign up (360) 387-0222.

### Macbook and iPad/iPhone

#### Tutoring

2nd & 4th Thu

1:00-2:30pm

Location: Conference Room

Sign up for a 30 minute tutoring session. All questions welcome!

These sessions are intended to help make the technology more useful to you. Email Joyce Lukaczer to sign up [fact@msdeadlines.com](mailto:fact@msdeadlines.com). Bring your Mac and questions.



## 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](mailto:info@camanocenter.org)

606 Arrowhead Road  
Camano Island | WA | 98282  
(360) 387-0222