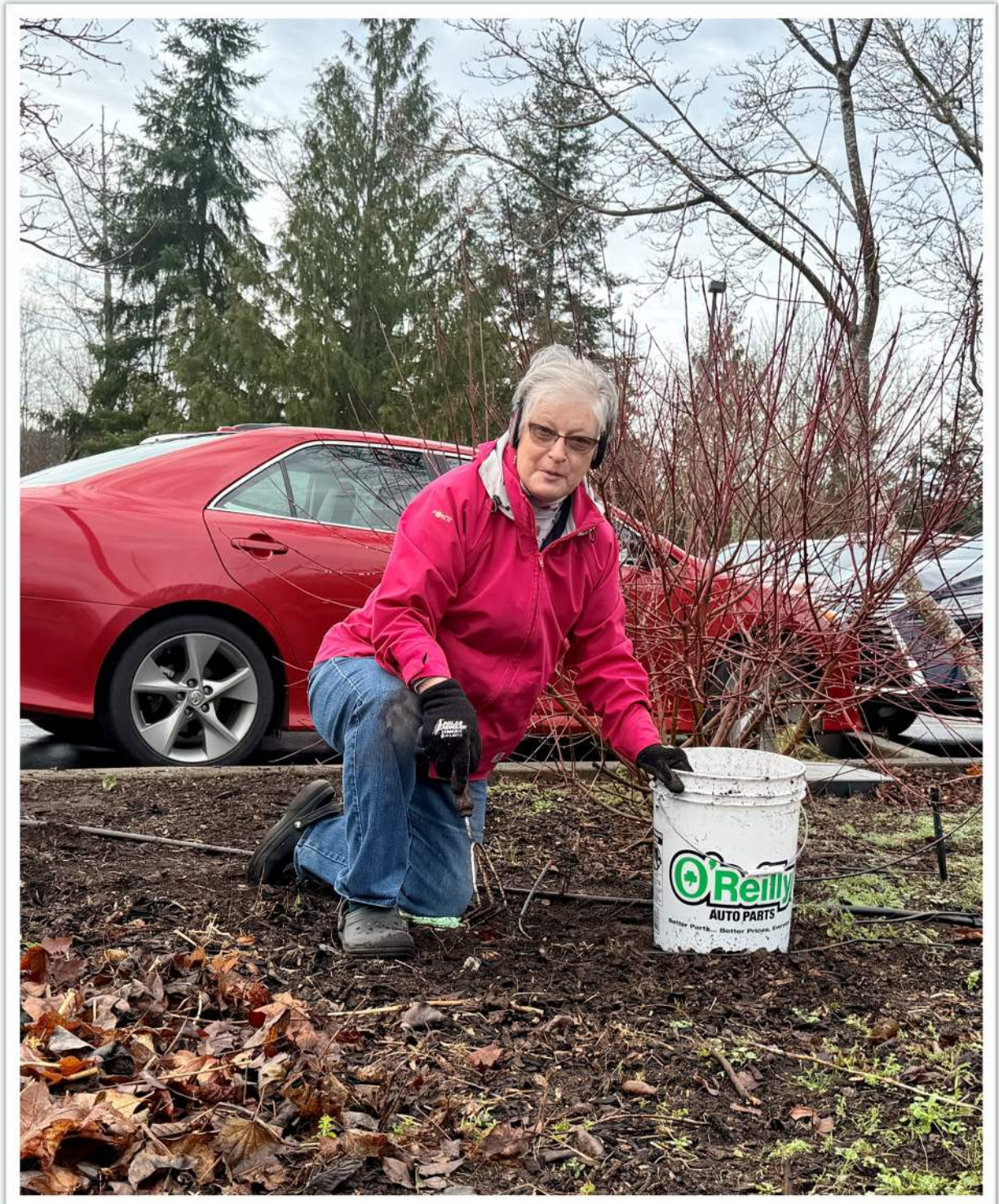


MARCH 2026

camanocenter.org



CamanoCenter
Get connected.



GETTING READY FOR SPRING

Love the Camano Center grounds? Volunteers like Kathleen Stariha (pictured), the Camano Garden Club, Friends of Camano Island Parks, Heritage Bank volunteers, and many dedicated community members keep our landscapes and trails beautiful for all to enjoy.



SCAN ME

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

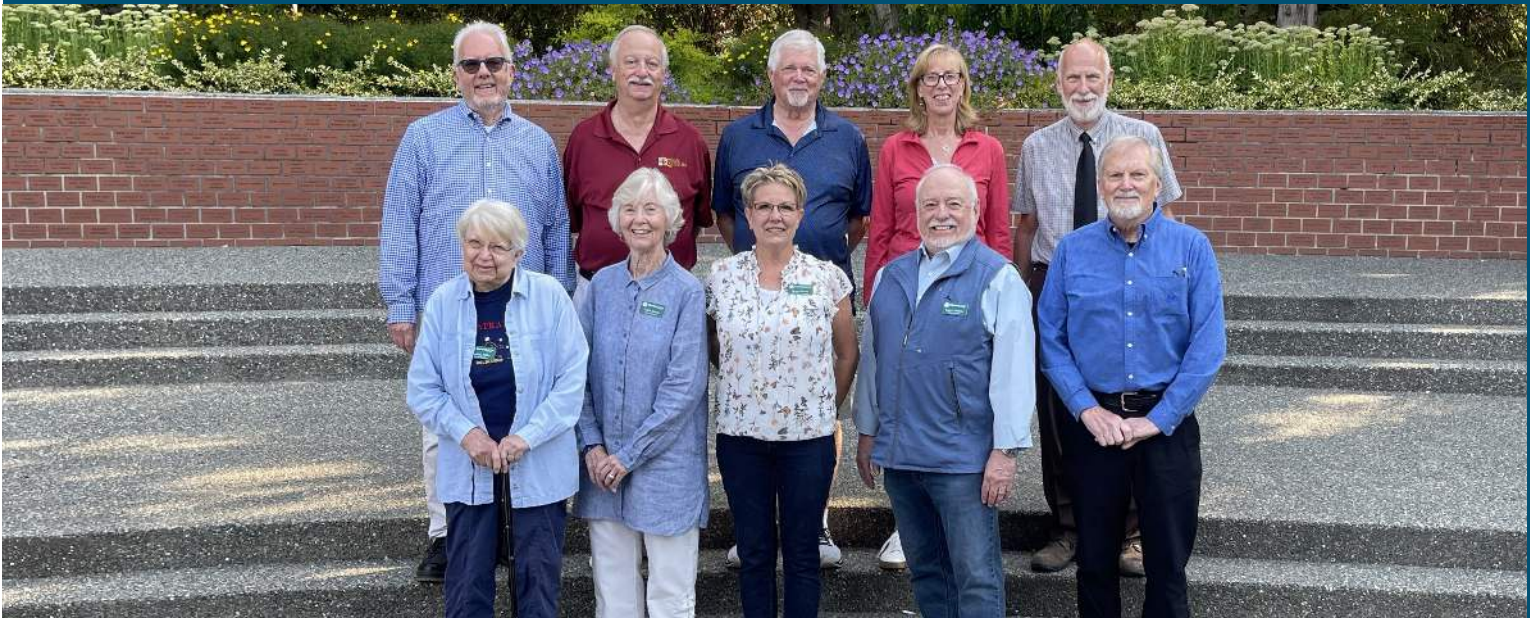
Kelly Kraus

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.

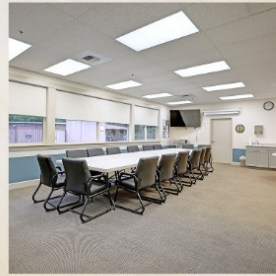
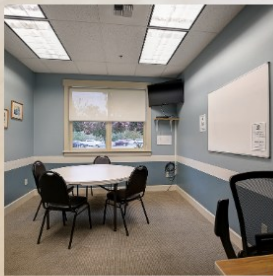
Camano Connections is funded by membership dues and other fundraising efforts.

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

February 2026



Upcoming Events/Happenings:

- 3/14 55+ Resource Fair
- 3/24 Dementia Friends presentation to Board
- 4/5 Camano 101
- 4/29 Volunteer Appreciation at the Center

Past 30 Days:

- Camano Friends party took place on January 30th for members and their families. Volunteers also were invited to bring their partner/spouse to join in.
- Another year of Glass Quest as the Headquarters is complete. Many happy people came and 5 lucky winners found our clue balls on the trails.
- The solar project is close to completion. Once PUD gets their final updates and clearance we will be trained on the system. The delays have been necessary to ensure our system integrates with PUD the most effectively as possible.
- Camano Center's weather policy has been updated to include staff roles and what the community can expect. The policy will be posted on our website.
- Meeting with the Foot Clinic took place to ensure consistency of room rentals. We had not addressed their return after COVID so it was important to get updated licensures and protocols.
- The Chamber's Chili Chowder committee met with me to re-cap this year's event. Several new topics were covered this year and some changes will be made by both the Chamber and the Camano Center to make sure the event is an even bigger success in 2026.
- The Lions Club invited me to discuss our programs and happenings at their monthly meeting. They presented us with a donation for the work we do.
- The Losses We Carry conversation was facilitated to the community on the 23rd by Dr. Katie Eastman.

- Lincoln Hill Retirement Community’s Executive Director and Activities Director will be visiting to see our Camano Friends Club in action. They are considering starting a program at Lincoln Hill. Karen Conway will present Dementia Friends training at the March Board meeting.
- **Rentals this past month:** Medicare 101, Wellness workshop, Taste Buddies, Line Dancing, Yoga
- **Non-profit meeting space:** CAA General membership, HOA meeting
- **Executive Director participated in the following Partnership/Collaborations:** Lincoln Hill Retirement Community, 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 Commerce, Lions Club

Current Grants Applied for:

Grants	Amount and Status	Designated for
Island Co. Public Health	Awarded \$8,000	Falls Prevention
SCAF Community Chest Grant	Applied for \$2,500	Camano Friends Club scholarships
Dept of Health	Denied for \$7,500	Brain health education & programs
Olson Foundation	Applied for \$75,000	Nutrition program costs

Thrift Store update:

- Average Customer spend for February is \$13.11.
- Average Daily gross in sales for February is \$3,042.
- Roof replacement has been completed on the old building. Thank you to the volunteers, staff, and customers for working around the roofers. It was a challenge but closing the store was the least popular idea!
- The flooring in the linens sorting room will be replaced this summer.
- Bids have been collected for the possibility of an awning outside of Receiving. So far 2 of the companies would not do commercial, one cannot mount due to the side of the building not offering enough clearance with roof line, and most are saying winds over 30 mph are too much. Bids have been between \$8,000-\$10,000. One concern with all of the companies is the fact that we get big moving trucks that may not clear the awning. Bonnie will discuss with the Facilities committee to discuss.

WITH GRATITUDE

Recognizing gifts made between 1.11.26 and 2.10.26

Appreciation:

Round Up Donors – 2nd Chance Thrift Shop
Karen Bradford – Medical Rides
Kathleen DuBois – Facility Rental
Laurie Michaels-Lee – Camano Fit & Steady
Anne Williams – Friendship Tea
Kayoko and James Woods – Medical Rides

General:

Miraj Aberesha
Terry Breum
Pat Clark and Carol Hoeksema
Christine Galloway
Amy Gorman
John and Nancy McFeters
Lori Messmer
Dennis Roberts
John and Karen Selle
David Stellrecht
Walter Ulness
Su Wakefield

In Memory:

Jill Johnstone – John Sturgeon
Robert and Lois Kershner – Oren Campbell
Paul and Sandra Schumacher – Helen Saunders

Recurring:

Juliane and Jeremy Abbott
Sandra Clemetson
Robin and Glen Elder
Marilyn and Walter Grosjean
Cindy and Scott Hand
Connie and Nick Johnson
Jill Johnstone
Anonymous Donor
Mark and Kelly Kraus
Claire Leatherman
Jeff and Bonney Lemkin
Fred Monte
Betsy Shields
Duane Simshauser
Phil and Candy Trautman



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.

Give Monthly/Recurring Donations:

Monthly/recurring giving provides the steady, predictable foundation the Camano Center needs to plan for the future. camanocenter.org/donate

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/>

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.

camanocenter.org

360.387.0222

606 Arrowhead Rd., Camano Island, WA 98282

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**

Solar and Battery System Update



We are pleased to share that we are nearing full operation of our new solar and battery system, funded through the Washington Department of Commerce's *Solar Plus Storage for Resilient Communities Grant* in 2024.

We know many have been wondering why the process has taken longer than expected. As with most large infrastructure projects, we have experienced a few delays along the way. These have included early supply chain challenges, temporary grant-related pauses, coordinating necessary power outages at the Center, and most recently, required updates to Camano Island's Snohomish County Public Utility District grid systems.

To ensure power quality, safety, and long-term system protection, SnoPUD requested updates to the previously approved system design. SnoPUD has been a strong partner throughout this process, and we fully support these improvements to ensure the reliability and sustainability of the system for years to come.

Once these final updates are complete, we will schedule our training demonstration. After that, the system will be fully operational and ready to provide backup power during the next island power outage. We appreciate your patience and look forward to sharing more good news very soon.

Bonnie Eckley,
Executive Director





MS WORD

Basics



CamanoCenter
Get connected.

THREE CLASS SESSION

**FRIDAYS BEGINNING
MARCH 20, 2026
9:00 AM - 11 AM**

Camano Center Members' Exclusive!

CLASS REQUIREMENTS:

- Basic computer skills
- A personal laptop
- Microsoft Word is installed and ready to use on your laptop
- Charge your laptop before class

\$10 CLASS FEE

Want to take this class but not a member? Joining is easy and costs \$30 per year. You can register for the class at the same time you join. Become a member and get connected!

WHAT WE'LL COVER

- ✓ SET UP PERSONALIZED LETTERHEAD
- ✓ SAVE & PRINT DOCUMENTS
- ✓ FORMAT & CREATE TABLES
- ✓ HOW TO INCLUDE CLIPART AND PHOTOS

CONTACT US TO SIGN UP!

(360) 387-0222

info@camanocenter.org



Wanda Hill, Instructor

ST. PATRICK'S DAY LUNCH

MONDAY | MARCH 16

RESERVE YOUR SPOT AT THE FRONT DESK
SEATING STARTS AT 11:30
RESERVATIONS HELD UNTIL 11:40 A.M.

COST IS BY DONATION

CAMANO CENTER'S

2ND CHANCE THRIFT SHOP



PRACTICAL | VINTAGE | ANTIQUE

Family game night starts here: thrifted finds that turn evenings into lasting family traditions.

Shopping
Wednesday - Saturday
10AM-4:00PM



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

2ndchancethriftshop.org

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

55+ RESOURCE

SATURDAY

MARCH 14, 2026

10:00AM - 2:00PM

FAIR



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



STANWOOD HEARING



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

55+ RESOURCE FAIR

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



(360) 387-0222

• 606 Arrowhead Road, Camano Island

• 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 - 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!

<https://www.nomadfitlab.com/location/?storeuid=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!

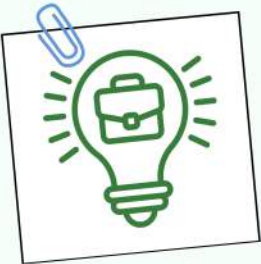
INDIVIDUAL ANNUAL MEMBERSHIPS

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

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: Ruth Grohs, Stephen Pittman, Darlene Pittman, Teresa Starman

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 \(ACCA\)](#)

[Bayless Electric](#)

[Beach & Blvd Real Estate](#)

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

[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 LumberCascade Village at Smokey Point](#)

[Cascadia Eye](#)

[Coastal Community Bank](#)

[D&L Essential Services](#)

[Designs Northwest Architects](#)

[Destinations by Melanie](#)

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

[Esary Roofing & Siding Co. Inc](#)

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

[Family Resource Home Care](#)

[Fields Senior Living](#)

[Fieldstone Memory Care of Marysville](#)

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

[Gateway Motion Physical Therapy and Wellness](#)

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

[Hausmeister Home Services](#)

[Heritage Bank](#)

[Holbeck Construction & Design Inc.](#)

[Home InsteadInspired Wellness](#)

[InsuranceWorks Agency](#)

[Island Harvest Farm](#)

[IslandRN Healthcare](#)

[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](#)

[Tootsie Trimmer](#)

[Vidor & Associates, Inc.](#)

[Windermere Real Estate](#)

[Windsor Square Senior Living](#)

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

Inquire About Openings



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.

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.**

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.

March Lunch Entrée

2	Mon	Chicken Dijon
4	Wed	Shepherds Pie w/Beef
6	Fri	Ham & Split Pea Soup
9	Mon	Ham & Broccoli Quiche w/Swiss
11	Wed	Herbed Pork Chop
13	Fri	Chicken Tortilla Soup w/Celery
16	Mon	St. Patty's Corned Beef
18	Wed	Thai Chicken Curry w/Carrots
20	Fri	Lentil Minestrone Soup
23	Mon	Baked Potato w/Beef Chili
25	Wed	Roasted Chicken Thigh
27	Fri	Opening Day All Beef Hot Dog
30	Mon	BBQ Pork Macaroni & Cheese

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, please fill out the sign up form again. Sign up for services [here](#).

Yes, appointments are required for shopping at Senior Serve. If you do not have access to a computer or cell phone, you can sign up or schedule an appointments using the **public computers** at the local Sno-Isle Libraries, both in Stanwood and on Camano Island.



The Stanwood Camano Food Bank is located at 27030 102nd Ave NW Stanwood, WA 98292

Ensure Plus

Liquid Nutritional Supplements

Service provided in partnership with Island Senior Resources.



Eligibility

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

Cost

Meals are provided "by-donation" and clients pay what they can. Donations are needed to keep the program running. Suggested donation \$30/case of twenty-four.

How do I obtain Liquid Nutrition Supplements on Camano Island? Contact 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.



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.

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



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.” — Cheryll 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**



TAX-AIDE

Free tax assistance for those who need it most



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, 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.



*Back Row—Left to Right: Deanna, Todd, Sheri, Beverly, John
Front Row—Left to Right: Becky, Dorothy*



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!

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](#).



Wanda Hill
MS WORD Class Instructor

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

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 for one-on-one assistance with Wanda Hill.

Wanda 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!

MS WORD Class

Every Fri
3/20/26-4/03/26
9:00-11:00am
Location: Craft Room

Beginning Word — For Camano Center Members

Ready to build confidence with Microsoft Word? This friendly, hands-on class will guide you through essential tools and show you how to use them to create three practical, everyday documents you can use right away. Perfect for members who

have basic computer skills and want to take the next step.
Instructor: Wanda Hill

Must have:

- Basic computer skills
- Personal laptop
- Microsoft Word installed and ready to use
- Please bring your laptop fully charged

Three sessions | \$10 A detailed class syllabus is available at the front desk.

Get Curious *Special Interest*

Camano Center Lending Library

All Weekdays
8:00-4:00pm
Location: Library

Our volunteer librarians keep the shelves organized and filled with donated hardback fiction and nonfiction, so there's always something new waiting for you.

Friendship Tea

1st Tue every month
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

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



Turning Pages Book Club

1st Wed every month until

12/02/26

2:30-3:30pm

Location: Library

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.

Contact: Janet Penny

(360) 403-5502

Travel Talk

2nd Fri

10:00-12:00pm

Location: Jensen Room

Love to travel or just enjoy hearing about fun adventures? Join Louis and Diana Craig as they share their six week naturalist journey through Madagascar, Africa.

Contact: Mark Kraus

(425) 503-9072

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

7:00-8:00am

Location: Sundin Room

Pilates/Yoga Fusion

Every Tue/Thu

8:00-9:00am

Location: Sundin Room

Camano Fit & Steady

This is a fitness program for adults 65+. Multiple classes during the week. Classes are conducted by Traci Smith, a certified instructor who is trained to meet individual needs and set goals. Waitlist available for each class.

(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

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

Level 1

Every Tue/Thu

11:15-12:15pm

Location: Sundin Room

Level 1 is an adaptation of the **Camano Fit & Steady** class. It is designed for individuals with limited mobility.

If you are interested in any of the Fit & Steady classes, get your name on a waitlist now.

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! Bring your energy and a smile! Led by experienced instructor Kari Dziewiontkoski.

Register online at socialdancesimplified.com or call Kari at (206) 375-4151.

Get Creative

Art & Sewing

Mending Hearts Quilting Group

1st & 3rd Mon

Additional Date: 3/30/26

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. Since 2018, this group has come together to create quilts and comforting bags for children. Fabric is provided for special projects.

Contact: Joan Huehnerhoff
(425) 754-6620

Paint Group

Monday or Friday join our All-Medium Paint Group and explore your creativity in a relaxed, welcoming studio setting. Bring your supplies and work with your preferred materials—watercolor, acrylic, mixed media, or more.

Contact: Kitty Tanji
(425) 985-1319 (text only),
360 572-4123 or 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: Education 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 at (360) 387-6958 for details.

Stanwood-Camano Hero Quilters

Friday, 3/06/26

8:00-12:30pm

Location: Craft Room



PAINT GROUP

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

TUESDAY 8:00 AM - 11:00 AM

FRIDAY 12:30 PM - 3:30 PM

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

Free to
Camano Center
Members

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

Pinochle

Every Mon
12:30-3:30pm
Location: Education Room

Come play, connect with others, and enjoy the friendly competition that makes Pinochle a favorite. All skill levels welcome!

Contact: Mary Rauch
(360) 387-1142

Cribbage & Dominos

Every Tue
12:30-3:30pm
Location: Education Room

Looking for a fun and social activity? Join us Cribbage or Dominos. Whether you're a beginner or a seasoned player, all skill levels are welcome.

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

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

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.

Contact: Mike Bloom
(425) 971-1379

Get Vocal *Music Makers*

Camano Ukulele Ensemble

Every Mon
1:00-3:00pm
Location: Craft Room

The Camano Ukulele Ensemble invites you to play, connect, and share the fun of music.

Contact: Val Schroeder
(360) 387-2236



Music Group

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

Join our lively Acoustic Music Group focused on vocal music with instrumental accompaniment.

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.

Contact: Lois Giles
(206) 235-3123

Cowboys Music Group

Every Fri
12:45-3:15pm
Location: Education Room

The group is managed by Jack Rensel and Tim Spencer. Come to the Camano Center on Fridays at 12:30 PM to talk to us, as the music starts at 1 PM.



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