

April 2026
camanocenter.org



Saturday, May 16, 2026
10am - 4pm



**SHOP, SIP & CELEBRATE...
SAVE THE DATE!**

- *Free Admission*
- *Delicious Lunch*
- *Woman Focused Services & Resources*
- *Retail Therapy*
- *Refreshing Sips*
- *Amazing Raffle Prizes*

AND MORE!!

The Camano Center
606 Arrowhead Road, Camano Island

Women's Expo

The Women's Expo strives to be an event that celebrates and supports women of all ages in our community, and brings together a diverse group of nonprofits, businesses, and service providers in one place for a day of fun!



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

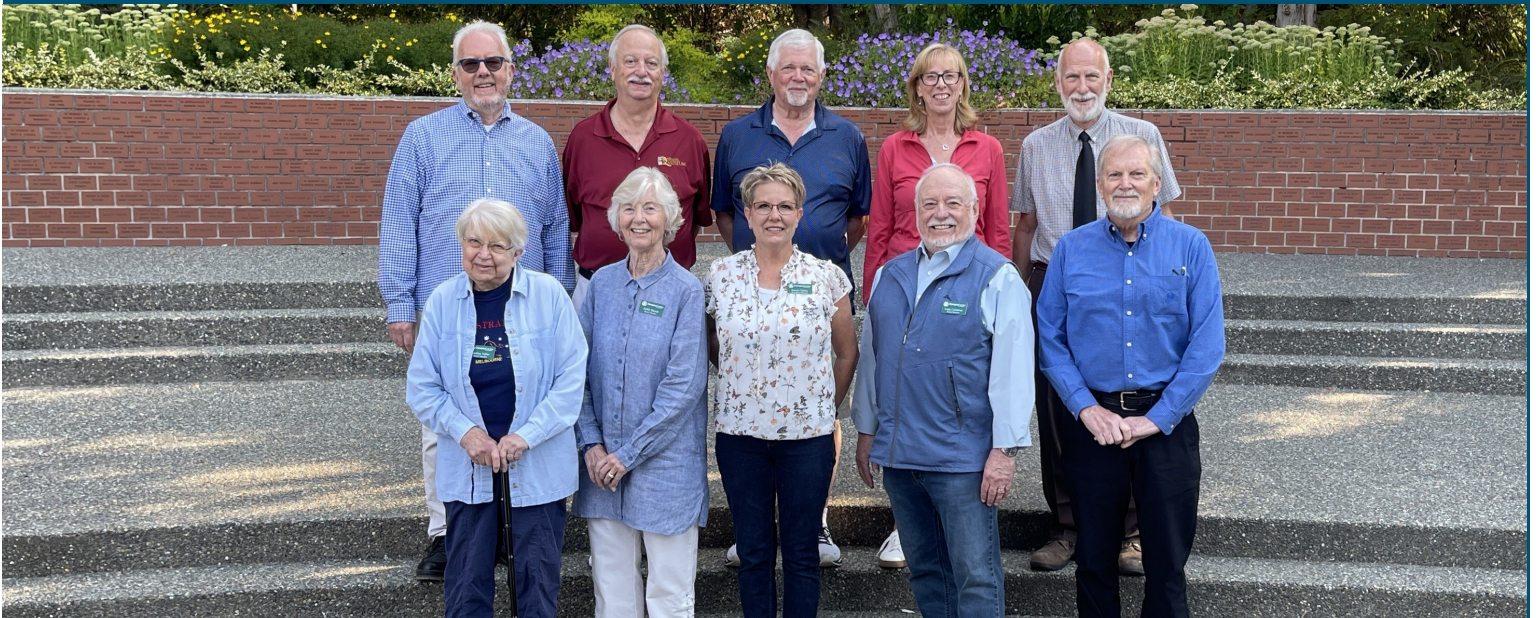
Kelly Kraus

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.

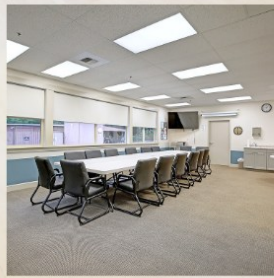
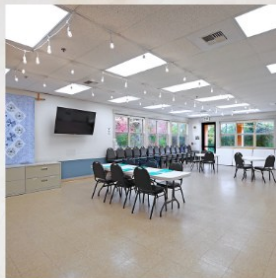
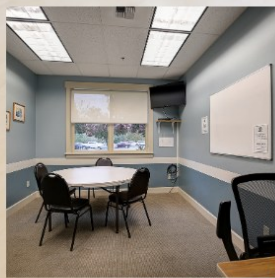
Camano Connections is funded by membership dues and other fundraising efforts.

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

March 2025



Upcoming Events/Happenings:

4/22	Earth Day Solar Unveiling
4/28	Volunteer Appreciation at the Center
5/6	Camano Island Community Blood Drive
5/16	Women's Expo
5/26	Stordahl Planned Giving
6/20	Summer Solstice Art & Craft Fair
7/27	General Membership Meeting

Past 30 Days:

- The 55+ Resource Fair had another great year! Over 400 community members came to get information from 46 vendors. The feedback was overwhelming from the vendors and the participants that our fair is one you do not want to miss. Nice job by our lead Julie and team on the event!
- More information and update with Aqua Test/Nibbler septic system will be shared at the Board meeting.
- Cindy was able to achieve the Platinum Seal of Transparency status with Candid (website that reports on nonprofits and directs donors) by filing in several things we were unaware of being able to do. Thank you Cynthia for noticing the website and pointing it out.
- Charity Navigator also reports on our status. Currently we are at 85% due to not having our financials on our website. Currently the donor page is being updated on the website so we will include that piece by uploading necessary documents.
- On Wednesday, April 22nd, Earth Day from 1:00-2:00pm, we will have our commissioning celebration for our solar + storage project.
- Karen Conway is looking to start a Wellness Committee with representation from a Board member, staff and center member/community member to help us plan our yearly educational topics for our older population and for the sandwich generation. This group would be the idea gatherer and then the decision makers on what we can or should do.
- Lisa Brents has put out the word for volunteers that would be interested in becoming Ambassadors for our organization (formerly called the Green Team) to table at local fairs or events that our presence should be at. She and Karen have been sitting at the Food Bank on Senior Serve days and people are enjoying getting to know us better.

- Stordahl Capital Investments will be at our May board meeting. Afterwards we plan to have them give a talk on planned giving and the various ways to achieve tax benefits to our membership and community.
- Traci Smith from Camano Fit has taken a Tai Chi training course (16 hours) and will be assessing if it is something she feels she can fit into her already busy schedule. The members of Camano Center have expressed interest in there being a class, so of course, Traci stepped up! More information to come.
- Disclaimer policy enacted to ensure that renters are not representing their product as that of the Camano Center. This is tricky because we value the businesses renting our space, but we need to be sure the community knows when something is presented by us, and when it is not.
- Stilly River performed an inspection on our heat/air pumps we had installed in the kitchen and at the Thrift shop.
- **Rentals this past month:** Medicare 101, 5 Wellness workshops, Bible Study group, The Retirement Solution, Taste Buddies, Line Dancing, Yoga, Memorial, Josephine Cascade Village
- **Non-profit meeting space:** CAA General membership, 3 HOA meetings, Whidbey Camano Land Trust
- **Executive Director participated in the following Partnership/Collaborations:** Lincoln Hill Retirement Community, Camano Fit, Community Coalition of Stanwood-Camano Steering Committee, CIFR/CARES, NWRC, Island Senior Resources, SCAF Food Insecurity group, SC Food Bank, Island County Transit, Camano Chamber of Commerce, Mount Vernon Senior Center, North County Senior Serving networking group

Current Grants Applied for

Grants	Amount and Status	Designated for
SCAF Community Chest Grant – provided by The Agency	Awarded \$2,450	Camano Friends Club scholarships
Dept of Health	Denied for \$7,500	Brain health education & programs
Olson Foundation	Applied for \$75,000	Nutrition program costs
AARP Flagship Grant	Applied for \$14,500	Upgrade to ADA auto doors in restrooms

Thrift Store update:

- Average Customer spend for March \$14.29.
- Average Daily gross in sales for March is \$3,252.
- A full inspection of the older building at the thrift store has been conducted. Some repairs will be taking place as soon as we review bids and choose a contractor.

Together, We Make Purpose Come Alive: Celebrating Our Incredible Volunteers

Every April, we pause to celebrate something truly special — you! Volunteer Appreciation Month gives us a chance to shine a light on the individuals who bring warmth, compassion, and energy to everything we do. But here at the Camano Center and 2nd Chance Thrift Shop, appreciation isn't just for one month — it's the spirit that carries us through the entire year. Because what you give, day after day, makes our mission come alive.



In 2025, 277 active volunteers devoted an astonishing 27,565 hours of their time and heart to this community. Those hours tell a story — one of connection, kindness, and collective impact. Whether it's welcoming visitors at the front desk, providing rides, orchestrating events, sorting donations, serving on the board, or offering a listening ear, you've each made a difference that reaches far beyond what numbers can capture.

The Power of Purpose and Partnership

This past year, we expanded our outreach through two new programs that truly embody our mission of compassion and connection — Helping Hands, Chore Program and Powerful Tools for Caregivers.

Through Helping Hands & the Chore Program,

volunteers provided comfort, safety, and practical support to older adults by offering friendly visits, light home repairs, yard work, and even simple acts of companionship — ensuring that neighbors can live safely and independently in their homes.

Meanwhile, Powerful Tools for Caregivers offered those caring for loved ones guidance to reduce stress, improve self care and build self confidence while caring for a loved one. By connecting caregivers with support and resources, this program reminds participants that they are not alone on their caregiving journey.

Volunteer commitment also fueled the return of favorite community events like the Summer Solstice Craft Bazaar and the Women's Expo, bringing neighbors together to celebrate creativity, connection, and joy. And of course, the 2nd Chance Thrift Shop continues to shine as a cornerstone of generosity — powered by volunteers who pour their hearts into every interaction, every display, and every shared smile.



Voices of Connection

Your impact doesn't go unnoticed. Leslie, one of our dedicated Camano Friends Club volunteers, shared this heartfelt message that captures the spirit of what volunteering here means:

“Many thanks for all the kindness you share with our (Camano Friends) Club members and for the volunteers. Your contributions of support for us are



what make this all work. It's my favorite volunteer effort EVER, and I've been volunteering since moving here in 2005 ... it means so much!"

— Leslie, Camano Center Volunteer

And community members feel that same spirit, even those who can't actively volunteer.

One recently wrote:

"The Camano Center is like no other organization. The administration, staff, and volunteers are a cohesive group that never disappoints. Enter the door of a beautiful, well-kept building and be greeted by caring,

warm people. I'm not able to volunteer at the Center, but if I could, there would be no question — the Center would be my first choice."

These reflections remind us that what happens here is more than programs and services — it's a shared culture of care, inclusion, and belonging.

Our Shared Mission: Moving Forward, Together

Each volunteer brings something unique, yet together, you form the foundation of everything we accomplish. You embody compassion through action and create ripples of kindness that strengthen our entire community.

As we look ahead, new challenges and opportunities await, but one thing remains certain: our mission continues to be powered by people like you — people who choose to give, connect, and make others feel valued.

Together, we move forward — with purpose, with gratitude, and with love.

Lisa Brents
Volunteer Services Manager

Munch & Mingle Appreciation Party

For 2025-2026

Camano Center & 2nd Chance Thrift Shop Volunteers

Tuesday, April 28

2 - 4 pm

Camano Center

**Celebrate Friends
Drinks Raffle
Appetizers**

WITH GRATITUDE

Recognizing gifts made between 2.11.26 and 3.10.26

APPRECIATION:

Round Up Donations – 2nd Chance Thrift Shop
Steve Hawley and Glenda Brown – Community Lunch
Anonymous Donor – AARP Tax Aide
Barbara Daly – Notary Public
Ron Ely – AARP Tax Aide
Christianne Erwin – Medical Ride Program
Brett Heitt – AARP Tax Aide
Robert Hill – Medical Ride Program
Jill Johnstone – Camano Friends Club Lunches
Sandy Lemaich – Medical Ride Program
Larry and Lovella Olberding – Medical Ride Program

GENERAL:

Thomas and Margaret Amalfi
Glen and Martha Brechlin
Anonymous Donors
Claire Leatherman
Gene Puhmann and Jane Morris
Joan Ritzenthaler
Paul and Sandra Schumacher
John and Karen Selle
Stanwood Lions Club

IN MEMORY

Patricia Baker – Terry Benham from the Roeder Cousins

RECURRING:

Juliane and Jeremy Abbott
Hiram and Patricia Bronson
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
Jeff and Bonney Lemkin
Lori Messmer
Fred Monte
Betsy Shields
Phil and Candy Trautman
James and Karen Walden

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
- ★ Community Meals
- ★ Medical Lending Closet
- ★ Essential Services & Support



» Donate Now

 606 Arrowhead Road

 360-387-0222

 www.camano-center.org

SAVE THE DATE

THE TWENTIES Gala

SEPTEMBER 26, 2026 5:30 PM

20TH ANNUAL GALA AUCTION
BENEFITING THE CAMANO CENTER

TICKETS ON SALE 8.31.26 LIMITED TICKETS AVAILABLE CAMANOCENTER.ORG

New CARES Program Provides Free, Personalized Care for Camano Residents

Aging in place on Camano Island just got easier thanks to the new Camano CARES program.

The Community Assistance Referral & Education Services program is a free, confidential healthcare referral service available to anyone on Camano Island. Its goal is simple: Reduce emergencies by proactively connecting people with the support they need to stay safe and healthy.

“Getting older can be hard – and it’s even harder when you live 30 minutes away from hospitals or medical clinics,” said Leah Palyu, RN and Director of the CARES program. “CARES is here to fill that gap. The support we provide, like answering medical questions or helping with fall prevention strategies and equipment, can make a huge difference in someone’s quality of life.”

The CARES team, led by Palyu, takes a personalized approach toward aging in place. One-on-one consultations can include conversations about medical conditions or medications, help setting up or finding transportation for medical appointments, and recommendations for finding help around the house.

“Repeat 911 calls – for falls, help getting out of bed, or nonemergent healthcare questions – are the first sign that someone needs a different kind of help than our EMTs or paramedics can offer,” Fire Chief Jason Allen said. “That’s where the CARES program comes in. Our goal is to identify people who would benefit from routine medical help, refer them to CARES for the appropriate support, and reduce their need to call 911.”

CARES offers a range of services to Camano residents:

- Evaluate homes for fall risks and recommend ways to reduce those risks
- Explain medical or mental health conditions and connect residents to support services

- Manage and explain medications
- Connect with in-home support or financial and food services
- Help set up medical appointments or facilitate transportation to appointments

The CARES program is currently in its first year, funded in part by Camano Fire and grants from the Tulalip Tribes, and the Olson Foundation.

CARES is a partnership between Camano Island Fire & Rescue, the Camano Center, Northwest Regional Council, and Island County Public Health.

“Partnering with Camano CARES gives us another layer of support for older adults on Camano Island,” said Karen Conway, Camano Center Program Director. “In-home visits from a healthcare professional – like members of the CARES team – are the best way to address challenges like fall prevention, managing medications, or adjusting after a hospital stay. It also means we can connect CARES clients with additional support like medical transportation or Meals on Wheels so they can remain safe, healthy, and independent in their homes for as long as possible.”



Contact CARES to learn more or make a referral for yourself, a friend, neighbor, or family member: cares@camanofire.com or 360-505-7656

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*

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
10:00AM-4:00PM



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

2ndchancethriftshop.org

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

55+ RESOURCE FAIR

RECAP

We are deeply grateful to the 11 sponsors, 45 vendors, special guest speakers and nearly 400 people who joined us! Your presence and shared commitment in our mission to support healthy aging, connection, and well-being for adults 55 and older, made this event not only possible, but truly meaningful and unforgettable.



SPECIAL



EARTH

day

EVENT



CamanoCenter
Get connected.

606 Arrowhead Rd
Camano Island WA

April 22, 2026
1:00PM-2:00PM OUTSIDE



**Join us for a special
SOLAR + STORAGE
ribbon cutting
ceremony as we
celebrate a major step
towards clean energy
and community
resilience!**

Grant funded by:



Washington State
Department of
Commerce





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

Welcome New Members

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

Contact Juliane Abbott for more information.

jabbott@camanocenter.org



Left to Right: Chad Long & Salome Ogola

BUSINESS MEMBERS

Please Support the Businesses that Stand Behind the Camano Center

Join Us and Sign Up Today!

[A Better Solution In-Home Care](#)

[A Painter's Edge, Inc.](#)

[American Cremation & Casket Alliance \(ACCA\)](#)

[Badger Senior Services](#)

[Bayless Electric](#)

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

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

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

[Camano Chapel](#)

[Camano Hills Water Company, LLC](#)

[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](#)

[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 Instead](#)

[Inspired 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](#)

[MGM Flooring & Interiors, Inc.](#)

[Michelle Maiers, Real Estate Broker @ HomeSmart One Realty](#)

[MQ Gadgets - Gifts - Goodies](#)

[Nate Greenland – Edward Jones](#)

[Nordvaka Hypnosis](#)

[Olson Plumbing](#)

[Our Legacy Fields](#)

[Pope Chiropractic](#)

[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](#)

[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 offered on Tuesday and Thursday - we currently have two openings in our program on Tuesday. Visit or check our website for more information at camanocenter.org or complete an inquiry form by clicking on the following link [CAMANO FRIENDS CLUB](#).



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.

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**



Island Transit Community Outreach Table at the Camano Center

Wednesday, May 6, from 11:00 AM–1:00 PM

Stop by the Camano Center lobby to connect with staff from Island Transit. They are beginning work on their Long-Range Plan and want to hear from community members about current and future transit needs. Pick up information about local transit services and share your feedback by completing a short survey to help shape transportation options for our community.



Proudly serving Island County since 1987



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!

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



Meals on Wheels Information

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

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

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

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

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

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

camanokitchen@islandseniorservices.org

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

If you would like more information on the Meals on Wheels program or to sign up for the first time, call Emily MacCormick, Meals on Wheels Assessor at (360) 672-6416.

**Community Lunch is served
Monday, Wednesday & Friday.
Please be seated by 11:45 a.m.**

April Lunch Entrée

1	Wed	Beef Enchilada Bake
3	Fri	Greek Steak Salad
6	Mon	Biscuits & Gravy
8	Wed	Roasted Pork Loin
10	Fri	Tuna Salad Sandwich
13	Mon	Biscuits & Sausage Gravy
15	Wed	Italian Sausage Mini Pizza
17	Fri	Chop Chop Salad w/Turkey
20	Mon	Battered Chicken Strip
22	Wed	Tender Beef Stew
24	Fri	Chicken Caesar Wrap
27	Mon	Cheddar Cheese Beef Burger
29	Wed	Chicken Tikka Masala

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.-12p.m.

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.

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.

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
(360) 428-1309

Questions?

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



CamanoCenter
Get connected.

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

Join In & Connect with Others at the Camano Center

Get Smart Computer & Phone Help

Tech Tips

Every Tue
10:00-12:00pm
Location: Library

Wanda is here to help you learn more about your Windows



operating system, MS Word, Excel, and Outlook. General questions welcome. Sorry, no Macs or phones. Free to Camano Center members.

Remember to BRING YOUR LAPTOP! Call the Camano Center (360) 387-0222.

MacBook and iPad/iPhone Tutoring

2nd & 4th Thu
1:00-2:30pm
Location: Conference Room



Need help using your Mac laptop, iPad, or iPhone? 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. Free to Camano Center Members.

The Camano Center has a variety of daily, weekly and monthly activities. Some group sizes vary, may be limited and there may be other participation requirements. Where applicable, when playing for money, Camano Center Membership is required.

Most activities are free of charge to current Camano Center members & non member charge for each activity is \$5.00 payable at the front desk at check-in.

Click on the activity title for participation information on each activity or visit our [online calendar](#).

Get Active

Exercise & Fitness



LIFT (Weight Conditioning) and Pilates/Yoga Fusion

Strengthen, stretch, and feel energized with LIFT weight conditioning and a relaxing Pilates/Yoga Fusion class designed to improve strength, balance, and flexibility.

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

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

Camano Fit & Steady is a strength, balance, and flexibility fitness program for adults 65+ open to Camano Center Members. The one-hour class meets three days (Mon, Wed, Fri) \$40/month or two days (Tue, Thu) \$30/month each week and is led by certified instructor Traci Smith, who helps participants meet individual needs and set goals. Inquire at the front desk for information on class availability.

(8 A.M.) Camano Fit & Steady

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

(9 A.M.) Camano Fit & Steady

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

(10 A.M.) Camano Fit & Steady

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

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

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

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

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

(11:15 A.M.) Camano Fit & Steady Level 1

Every Tue/Thu
11:15-12:15pm
Location: Sundin Room



Get Vocal *Music Makers*

Camano Ukulele Ensemble

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

Join the Camano Ukulele Ensemble to strum, sing, and share the joy of music! Free for members with basic ukulele skills, this weekly group offers a fun, supportive environment to improve playing, perform for the community, and connect with fellow music lovers. Make friends, stay engaged, and spread smiles through song.

Group Manager: Val Schroeder:
(360) 387-2236

Music Group

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

Sing, play, and enjoy! Join this lively acoustic group featuring vocal music with instrumental accompaniment. Styles include

rock, folk, blues, bluegrass, country, jazz, show tunes, Hawaiian, and classical. Bring non-amplified instruments and an iPad for shared song files. All skill levels welcome.

Group Manager: Robin Widoff
(707) 312-1112.

Classic Country & Folk

Every Thu

1:00-3:00pm

Location: Jensen Room

Join this friendly Camano Center group to sing and play country and

folk tunes! All levels welcome.

Weekly jams include a short practice for the monthly performance. Bring your voice or instrument. Membership and weekly check-in required.

Group Manager: Lois Giles
(206) 235-3123.

Cowboys Music Group

Every Fri

12:45-3:15pm

Location: Education Room

The group plays mostly country, folk, and country-rock classics with

acoustic instruments; electric bass, one lead electric guitar, and drums are included. Songs rotate with a leader starting a warmup, then others lead from the group song list. Lyrics and chords are shared via PDF through Dropbox.

Instruments include guitars, ukuleles, banjos, fiddles, harmonicas, and melodicas. Voice amplification encouraged. Group Managers: Jack Rensel and Tim Spencer. Interested? Come at 12:30 PM; music starts at 1 PM.



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



Get Creative
Art & Sewing



All Medium Paint Group

Explore creativity with the All-Medium Paint Group at the Camano Center. Bring your own supplies and work in watercolor, acrylic, or mixed media in a relaxed, welcoming studio. Beginners and experienced artists welcome.

Group Manager: Kitty Tanji, 425-985-1319 (text), 360-572-4123 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

Panel Quilting

4th Fri
12:30-3:00pm
Location: Craft Room
Panel quilting joins the Paint Group once a month on the 4th Friday.
Group Manager: Connie Shane
(425) 350-7461

Mending Hearts Quilting Group

1st & 3rd Mon
8:00-12:00pm
Location: Craft Room
We bring crafters together to create quilts and comfort bags for children supported by local advocacy and relief programs. No

Get Strategic *Cards & Games*

Mah Jongg

Every Mon
9:00-12:00pm
Location: Education Room

A classic tile-based game that blends strategy, skill, and a bit of luck while offering a fun mental challenge and social connection. Players enjoy forming winning hands, lively conversation, and the rhythm of the tiles.

Group Manager: Sherri Baker
(425) 593-0286

Pinochle

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

Join us for Pinochle, a lively card game combining strategy, skill, and social fun. Players bid, meld, and take tricks while enjoying friendly competition and teamwork. All skill levels are welcome.

Group Manager: Mary Rauch
(360) 387-1142

sewing experience needed—friendly help and fabric for special projects provided. Bring supplies and sewing machine. Group Manager: Joan Huehnerhoff (425) 754-6620.

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.
Group Manager: Sharon Szekely
sharonsseams2b@yahoo.com

Needle Works

Every Thu
9:00-11:00am
Location: Craft Room
Love working with fabric, yarn, and creativity? Join our welcoming group to quilt, knit, crochet, embroidery, and more. Share projects, ideas, and conversation while enjoying laughter and community. Beginners and experienced crafters welcome. Bring a project or come for inspiration.
Group Manager: Mary Beckham
(360) 387-6958



Cribbage

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

Looking for a fun, social, brain-boosting activity? Beginners and experienced players are welcome. Enjoy relaxed competition, great conversation, and connection with fellow members.

Group Manager: Al Kennedy
(530) 905-1948

Dominos

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

Join us —no experience needed! Beginners and experienced players alike will enjoy lighthearted competition, laughter, and great company. We play classic dominoes and Mexican Train. Stay mentally active while connecting with others in a fun, social setting.

Group Manager: Toni Hilt
(206) 949-1910

Hand & Foot Canasta

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

It is a lively, team-based card game that combines strategy, teamwork, and friendly competition. Build card sets, work with your partner, and aim for high scores while enjoying great company. Easy to learn and welcoming to new players.

Group Manager: Pat Bass
(415) 283-7929



Duplicate Bridge

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

We play using the Standard American Bridge system. Players rotate tables and compare results from the same deals, creating a fair and engaging challenge. Enjoy strategic play and social connection in a supportive setting.

Group Manager: Mike Bloom
(425) 971-1379

Get Curious *Special Interest*

Turning Pages Book Club

1st Wed
2:30-3:30pm
Location: Library

We invite you to read, reflect, and connect. Each month, enjoy a thoughtfully selected book from the Sno-Isle Library followed by lively conversation with fellow readers. Share ideas and laughter.

Group Manager: Janet Penny
(360) 403-5502

Friendship Tea

1st Tue
10:30-11:30am
Location: Education Room

“A cup of tea shared with a friend is happiness tasted and time well spent” – Anonymous
Join us for tea, treats, and a nice visit with friends, both old and new.

Group Manager: Connie Johnson
(360) 652-7211

Travel Talk

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

We invite you to enjoy travel stories and photo slideshows shared by Camano Center members. Hear about cruises, European trips, and unexpected adventures in a relaxed, social setting.

Group Manager: Mark Kraus
(425) 503-9072.

CAMANO CENTER & CAMANO SUE'S ART PRESENT:



SUMMER SOLSTICE

ARTS & CRAFTS FAIR

SATURDAY | JUNE 20 | 9 AM - 4 PM



INDOOR & OUTDOOR VENDORS

**METAL GARDEN ART • JEWELRY • FABRIC ART
POTTERY • WATERCOLORS • WOODWORKING
PHOTOGRAPHY • SOAPS • AND MORE**



CAMANO CENTER | 606 ARROWHEAD ROAD | CAMANO ISLAND | CAMANOCENTER.ORG



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