



Powering Our Future

The Camano Center celebrated Earth Day with a ribbon cutting for our new solar + battery system—an investment that will lower costs, strengthen emergency readiness, and support vital community services for years to come.

See [page 10](#) to learn how this project was made possible and the lasting impact it will have on our community.



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

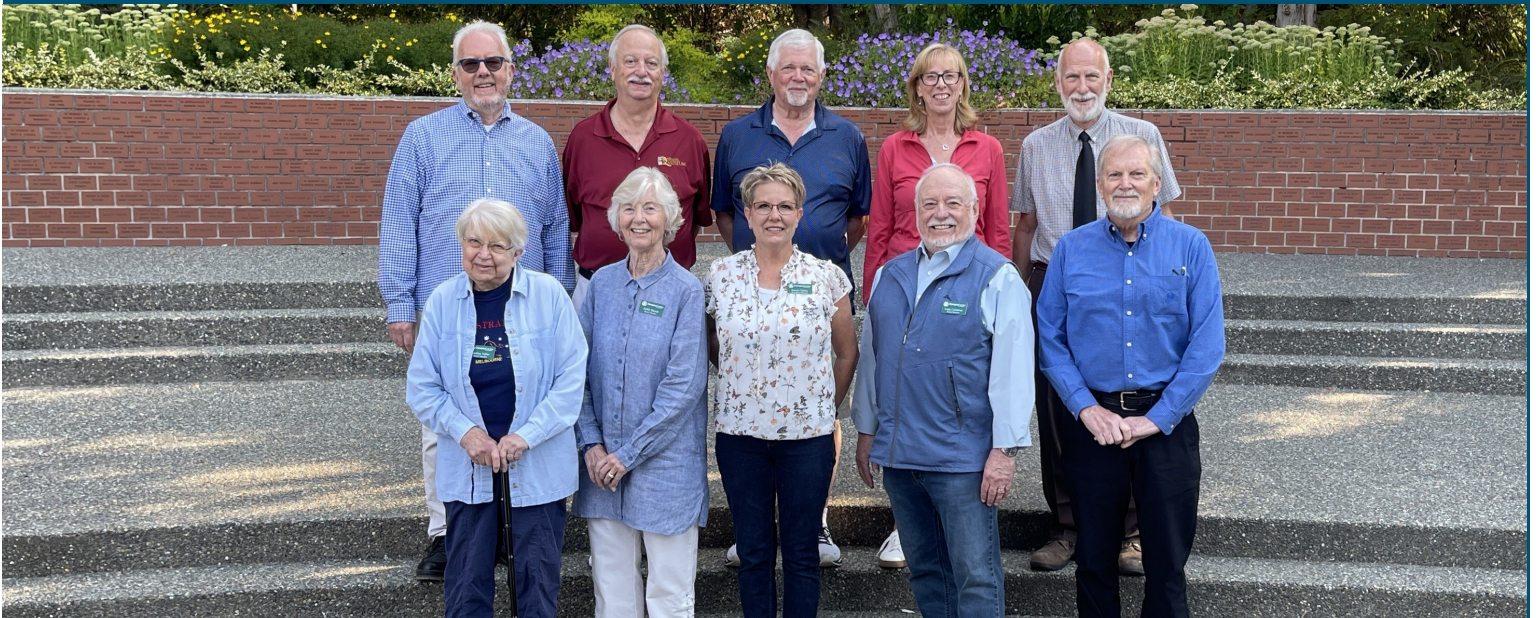
Kelly Kraus

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.

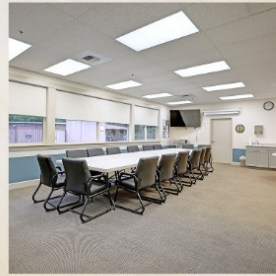
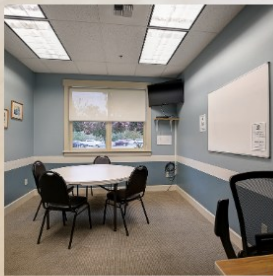
Camano Connections is funded by membership dues and other fundraising efforts.

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

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!

SAVE THE DATE!
Saturday, May 16, 2026
10am – 4pm



The Camano Center

606 Arrowhead Road, Camano Island
 (360) 387-0222 ♥ www.camanocenter.org



Gather. Shop. Relax. Be Inspired.

Join us for a fabulous day made just for YOU!
 Explore local businesses, enjoy relaxing experiences,
 treat yourself, and connect with an amazing
 community of women.



Coffee Truck



Photo Booth



Lunch



Services



Raffle Prizes



Chair Massage



Mini Facials



Shopping



21+ Beverages



...and so much more!



40 Vendors

Free Admission!

Support Local

\$10 Lunch

**\$5 Raffle
 Tickets**

\$5 Drinks

Questions? Contact the Camano Center (360) 387-0222





Executive Director Report for Board of Directors

April 2026



Upcoming Events/Happenings:

4/28	Volunteer Appreciation at the Center
5/16	Women's Expo
5/26	Stordahl Planned Giving session
6/8-12	Maintenance Closure Week
6/20	Summer Solstice Art & Craft Fair
7/27	General Membership Meeting

Past 30 Days:

- On Wednesday, April 22nd, Earth Day we had our official commissioning celebration for our solar + storage project. A big thank you to Cascadia Renewables and Sulis Energy for all their help with the project from start to finish! This has been an exciting project for our sustainability and for the community.
- The septic systems have been inspected at both the Center and Thrift shop. Major fixes had to be done to the Center system with an electrical issue and flow issue that took several days to identify.
- AARP wrapped up another year of tax preparation for the community.
- Representative Rick Larsen visited the Center to tour and talk about Aging & Disability Resources, MOW, Nutrition Program and our funding. News articles were shared from Lynwood News and Stanwood Camano News.
- Bonnie presented Camano Center programs and services to the Windermere real-estate agents at their monthly meeting. Several questions were answered and handouts given. Lots of great feedback on the Center!
- Met with Rachel Schwinden from Island County Emergency Management regarding her being new in the role, and having office hours on Camano Thursdays and Fridays.
- We are changing our liquor license designation which has been classified as a Senior Center Liquor License which enabled us to sell and host all bar events whether they were ours or others, but we've learned it opens us up to liability of all liquor consumption despite renters getting a Special Banquet Permit. This will be cheaper and less risk for us to drop that license.
- Our insurance policy is up for renewal so after several years of coverage with NPIP I have been shopping to compare coverage and rates. More to come after board discusses.
- Two separate tours have taken place with community members looking to install commercial kitchens at their facilities. Our kitchen is always praised when others come to see.

- Nicole Conover, our former Assistant Supervisor at the thrift shop, has begun a 10-week internship with us for her Human Services degree. She has been helping Tina in the Camano Friends Club one day a week, and spending time with center staff and myself one day each week. She has been very helpful and learning a lot.
- Quarterly professional cleaning and inspection for the hood system above the kitchen range was performed.
- **Rentals this past month:** Medicare 101, The Retirement Solution, Taste Buddies, Yoga, Memorial, Josephine Cascade Village, AAUW Purse Auction
- **Non-profit meeting space:** CAA General membership, 3 HOA meetings, Whidbey Camano Land Trust
- **Executive Director participated in the following Partnership/Collaborations:** Island County Emergency Management, 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, Windermere Real-estate, Stanwood Camano Resource Center, Little Green House, Commissioner Janet St Clair

Current Grants Applied for

Grants	Amount and Status	Designated for
Olson Foundation	Applied for \$75,000	Nutrition program costs
AARP Flagship Grant	Applied for \$14,500	Upgrade to ADA auto doors in restrooms
North Sound ACH	Applied for \$200,000 grant is a partnership with Island Senior Resources	Food Insecurity- Food programs at ISR and Camano

Thrift Store update:

- Average Customer spend for April \$14.01.
- Average Daily gross in sales for April is \$3,211.
- The septic system needed some maintenance. A new circuit board had to be installed for the septic pump, and regular pumping took place. Eventually a new toilet that is commercial grade may need to be installed for customer use, as a regular home-use was installed during 2017 build. Frequent problems with plugging or misuse continue to be an issue. Other solution may be to have no public restroom available.
- Store is doing amazing at keeping up with the loads coming in each receiving day. Nicole will be covering some vacation time over the summer so Sylvia and Heidi can get some time off.

WITH GRATITUDE

Recognizing gifts made between 3.11.26 and 4.10.26

APPRECIATION:

Round-Up Donors – 2nd Chance Thrift Shop
Anonymous Donor – Lending Library
Mary Burns – AARP Tax Aide
Cliff Lindman & Elizabeth Christiansen – AARP Tax Aide
Anonymous Donor – Camano Friends Club Lunch
Ed and Patty Etchepare – Camano Friends Club
Marilyn and Walter Grosjean – AARP Tax Aide
Gontong Oakley – AARP Tax Aide

GENERAL:

Larry and Jean Bach
Dennis Johnson and Melissa Cole
Walter and Debee Early
Michael Eastburn and Marsha McGough

Amy McLauchlan
John and Karen Selle
Duane Simshauser
Linda Thompson
Pauline Tingey

IN MEMORY:

Norma Knopp – Terry Benham
Patricia and Tony Vivolo – Terry Benham
David and Lori Yandell – Steven Knopp

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
Claire Leatherman
Jeff and Bonney Lemkin
Lori Messmer
Fred Monte
Duane Simshauser
Betsy Shields
Phil and Candy Trautman
James and Karen Walden

RESTRICTED:

SCAF / The Agency – Community Chest Grant

LEAVE A LASTING

Legacy

TUESDAY, MAY 26

1:00 - 2:00 PM

CAMANO CENTER

606 Arrowhead Road
Camano Island, WA 98282

PLANNED GIVING & ENDOWMENT PRESENTATION

Join us for a thoughtful and informative conversation about how you can make a lasting impact at Camano Center.

We're pleased to welcome Stordahl Capital Management, who will share insights on:

- How planned giving works
- The role of our endowment
- Ways to support programs for older adults – now and into the future

Emerald Circle members will receive a personal invitation.

Interested in attending?
Please contact us to reserve your space.



360.387.0222



camanocenter.org



chand@camanocenter.org



CamanoCenter
Get connected.

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

THE TWENTIES GALA

Would you like to help us with a wonderful auction item? Here are some ideas for items we would love to have to bid on!

- Vacation Home or Timeshares
- Dinner Party or BBQ
- Lesson or Session with Professional
- Luxury or Classic Car Rental/Lease
- Boat and Whale Tours
- Cleaning Services
- Painting/Roofing Services
- Landscape Materials & Garden Help
- Sponsor an Experience Item
- Seahawks, Kraken, Mariners or Concert Tickets
- Frequent Flyer Miles/Airline Tickets
- Beauty or Spa Certificates or Services
- Floral/Bouquet Delivery Services
- Local Dining Certificates
- Local Activities

Please contact Cindy at chand@camanocenter.org

Powering the Future: Our Solar Expansion Complete

We are proud to announce that our solar + battery system was commissioned with a ribbon cutting ceremony at the Center on Earth Day. Installing a solar plus battery system offers both practical and community-wide benefits, making it a smart long-term investment. At its core, solar energy significantly reduces electricity costs. Senior centers often operate on tight budgets, and predictable, lower energy expenses free up funds for programs, meals, transportation, and essential services that directly support older adults.

Adding battery storage enhances these benefits by providing energy resilience. During power outages—whether caused by storms, wildfires, or grid failures—the Center can continue operating as a safe, climate-controlled space. This is especially critical for rural populations who may rely on electricity for medical devices, heating, or cooling. In emergencies, the Center will work alongside Island County Emergency Management and the Red Cross to serve as a local resilience hub where services can be consolidated.

We'd like to recognize the Department of Commerce and the Climate Commitment Act for awarding this grant to the Camano Center. We'd also like to thank the partners that made the process seamless, Cascadia Renewables, Sulis Energy and SnoPUD.

Bonnie Eckley
Executive Director



Board of Directors Left to Right: Judith Shoudy, Michal Scott, Kelly Kraus, Bonnie Eckley, Jeff Highland, Larry Carlstrom, Cynthia Lahti, Paul Foster Not pictured: Darlene Miller & Dale Wagner

CAMANO CENTER & CAMANO SUE'S ART PRESENT:



**SUMMER
SOLSTICE**
ARTS & CRAFTS FAIR

INDOOR & OUTDOOR VENDORS

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



**SATURDAY
JUNE 20
9 AM - 4 PM
AT THE CAMANO CENTER**



CAMANO SUE'S ART
Artwork & Jewelry
artistsue@yahoo.com
camanosuesart.com



CAMANO CENTER | 606 ARROWHEAD ROAD | CAMANO ISLAND | (360) 387-0222



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: Nicole Conover, Kathy Nielsen, Lindee Brooks, Debee Early, Walter Early, Brenda Brynildsen, Robert Carr, Bill Eggleston, Steve Senn

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.](#)

[Badger Senior Services](#)

[Bayless Electric](#)

[Beach & Blvd Real Estate](#)

[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](#)

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

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

[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](#)

[The Camano Shop](#)

[Tootsie Trimmer](#)

[Vidor & Associates, Inc.](#)

[Windermere Real Estate](#)

[Windsor Square Senior Living](#)

2026 Senior Farmer's Market Produce Debit Cards Are Coming!

Low-income seniors may qualify for a free \$80 debit card to buy fresh, locally grown fruits, vegetables, and herbs at approved farmers markets. This program supports both seniors and local farmers.

Who Is Eligible? Must meet all 3:

- Island County resident
- Age 60+ (55+ Native Americans)
- Income up to \$2,461/month for 1 person
- \$3,337/month for 2 people
- Add \$876/month for each extra household member

How to Apply

Online (preferred): [FIND APPLICATION HERE](#)

Or mail one application per person to:

Island Senior Resources

14594 SR 525, Langley, WA 98260

Attn: SFMNP



Apply early. Cards are mailed beginning early June. Applications received before May 11 may be ready for June 1 use.

Paper Applications Available At:

Camano Center

606 Arrowhead Rd., Camano Island

Mon–Fri, 9 a.m.–3 p.m.

2026 Program Schedule

GRIEF TO GRATITUDE

STORIED PASTS



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 -or call- 360.348.6277

10AM at the CAMANO CENTER

Monday, May 18th

Join us for a special presentation about the

GUIDE CMS Dementia Support Program

A new dementia benefit from the Centers for Medicare & Medicaid Services

Wednesday, May 27, 1:30 pm



CamanoCenter
Get connected.

at the Camano Center

606 Arrowhead Road, Camano Island

RSVP to 360-387-0222

**Presentation by Steve Wilson, Community Liaison &
Care Navigator, Nolia Health**  **Nolia**

Learn About:

- What the GUIDE (Guiding an Improved Dementia Experience) Model is
- How it supports both individuals with dementia and their caregivers
- Available benefits, including:
 - No-cost care coordination and support
 - Monthly guidance from a care navigator
 - Up to \$2,500/year in respite care
 - 24/7 access to resources and support

IMPORTANT ELIGIBILITY INFORMATION:

- ✓ **Must be enrolled in Medicare Part A & Part B
(Traditional Medicare)**
- ✗ **Not available for Medicare Advantage plans**

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 one opening on Tuesday. Visit or check our website for more information [here](#) 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.

**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.

May Lunch Entrée

1	Fri	Beef Taco Salad
4	Mon	Mushroom & Swiss Strata
6	Wed	Roast Turkey Dinner
8	Fri	Caprese Sandwich
11	Mon	Beef & Broccoli Stir Fry
13	Wed	Chicken Parmesan
15	Fri	Panzanella Salad
18	Mon	Bacon Macaroni & Cheese
20	Wed	Chicken Curry
22	Fri	Meatloaf Sandwich
25	Mon	Meal Site Closed
27	Wed	Chicken Pot Pie
29	Fri	Tuna Nicoise Salad

Hawaiian Community Lunch

Camano Center in Partnership with Island Senior Resources

Featuring a performance by the
Camano Ukulele Ensemble

Friday, June 5
11:45 AM – 1:00 PM
Seating begins at 11:30 AM

Menu

BBQ Pork Sliders
Mac Salad
Hawaiian Cole Slaw
Pineapple Upside Down Cake

Please RSVP at the Front Desk

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

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**



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!

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](#).



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.

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 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



YOGA PILATES FUSION

Tuesdays & Thursdays

8:00 AM - 9:00 AM

Instructor: Carol Pope

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.

Stretch and feel energized with a relaxing Pilates/Yoga Fusion class designed to improve strength, balance, and flexibility.

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 Manager: Jack Rensel and Tim Spencer. Interested? Come at 12:30 PM; music starts at 1 PM.



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 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

10:30-3:00pm

Location: Craft Room

The Stanwood-Camano Hero Quilters make patriotic quilts for

wounded soldiers. We have fabric & patterns available for those with sewing experience.

Group Manager: Sharon Szekely
sharonsseams2b@yahoo.com

Needle Works

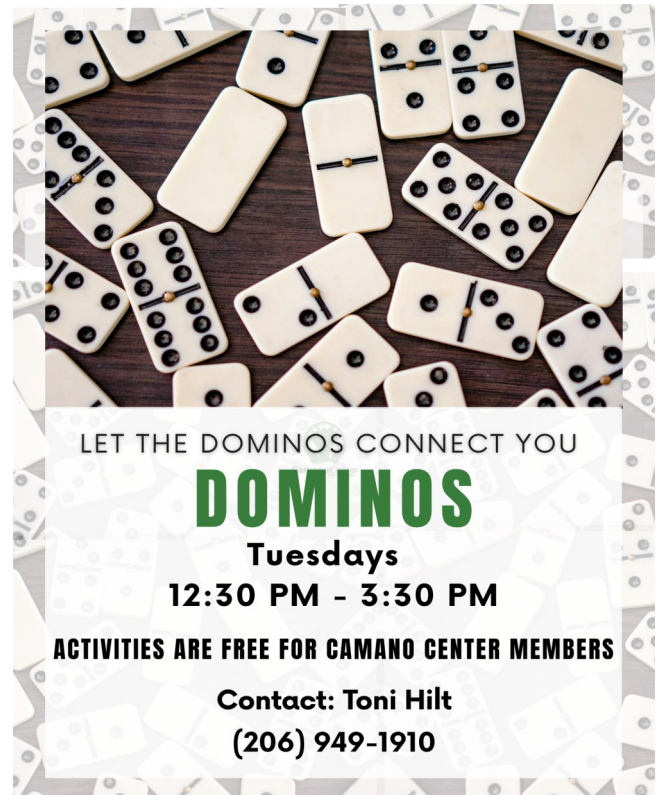
Every Thu

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



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



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. We will globetrot to the beautiful, warm Caribbean islands of Anguilla and St. Martin for the next presentation.

Group Manager: Mark Kraus

(425) 503-9072

CAMANO CENTER'S
2ND CHANCE THRIFT SHOP



PRACTICAL | VINTAGE | ANTIQUE

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

Shopping
Wednesday - Saturday
10AM-4:00PM



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

2ndchancethriftshop.org

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



CamanoCenter
get connected.



**IMPORTANT
ANNOUNCEMENT**



Annual Maintenance Week Closure

JUNE 8 – JUNE 12

The Camano Center will be closed for Deep Clean & Maintenance Projects

We appreciate your patience as we work to improve our facility. See you when we reopen!



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