



2nd Chance Thrift Shop — Christmas in July Sale

2nd Chance Thrift Shop Supervisor Sylvia Moon and Assistant Supervisor Heidi Cibert welcome you to the 2nd Chance Thrift Shop's annual "Christmas in July Sale" on Saturday, July 25 at the Camano Center, 9 AM to 3 PM. Find holiday treasures and festive décor—proceeds support Camano Center—with all items available by donation.



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

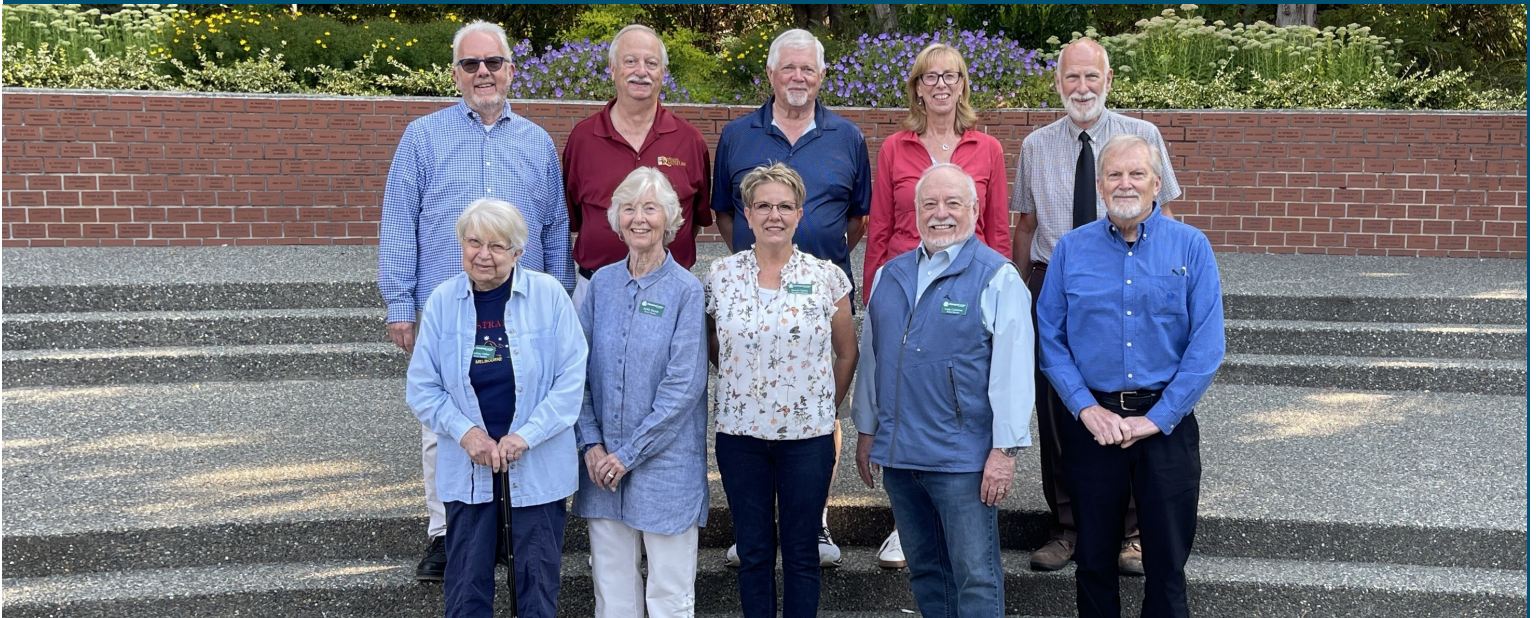
Kelly Kraus

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.

Rent the Center!

The **Camano Center** provides a beautiful venue for your upcoming event! With six rooms of different sizes, you'll find an option that can accommodate a wide range of events, meetings, and celebrations. Whether you're planning an intimate gathering or a large-scale conference, our flexible spaces are designed to meet your needs.

Each room is equipped with a variety of amenities and can be customized to be utilized for your event. Our dedicated staff is on hand to assist with setup and ensure everything runs smoothly.

Enjoy the convenience of ample parking and easy accessibility. The picturesque surroundings create a serene backdrop, perfect for creating memorable experiences.

Book your event at the **Camano Center** today and let us help you bring your vision to life!



Explore our updated Weddings, Event Venue, and Catering pages for more information!

<https://camanocenter.org/venue-rentals/>



Executive Director Report for Board of Directors June 2026



Upcoming Events/Happenings:

6/20	Summer Solstice Art & Craft Fair
7/22	Emerald Circle Event
7/25	Thrift Shop's Christmas Sale at Center
7/27	General Membership Meeting

Past 30 Days:

- Stordahl came to talk with our community about Planned Giving. We had about 20 people come and 2 people let us know that they have already put the Camano Center in their estate planning. This will be the start of our Evergreen Circle program for community members that have named us as beneficiaries. We will be talking more about the new program at our Emerald Circle event.
- The closure week went well. The Education and Craft rooms received new flooring, counter tops, oven, sinks and faucets, and paint touch up. The floor's base boards are still remaining to install as they were special ordered due to matching the colors. Staff cleaned, walls, windows, vents, each room, organized and cleaned out many closets, and tightened screws on over 350 chairs!
- Karen's Wellness Committee met at the end of May and will start meeting monthly. The group had a lot of questions and great ideas that we will be working on in the near future.
- Several nominations have been made for Camano Center, 2nd Chance Thrift, Julie Abbott, Traci Smith & myself with SCNews and the Seattle Times. Voting was sent out to all volunteers and staff so hopefully lots of voting is happening! I'm not certain when the winners are announced but the results will be shared should we win any of the categories.
- Lenz donated 10 yards of mulch to help the gardens stay weed free (or less weeds!) Many volunteers came out to help spread the mulch including FOCIP and our own staff, Tom, Al, and Lisa. The beds look wonderful!
- We had our Hawaiian Lunch for our regular community meal on Friday the 5th, this was well attended with over 90 people eating and our Ukelele groups playing and dancing!
- The Center was represented at the Pride Fest this year. I was happy with how many people in our community came by to thank us for being inclusive and doing so much for the island. It was a very fun day!
- Nicole Conover's internship with WWU in Human Services has ended this week. We are discussing the possibility of having her continue to work as paid staff again, here at the Center rather than thrift store, to assist myself and staff with projects and daily operations.
- Bonnie has vacation planned for June 17-24 so the report is a bit shorter this month.
- Upon my return we will be at the Lincoln Hill Resource Fair to share our programs and services with Stanwood.

- SCAF's high school scholarship program in which we participate, awarded Derek Nguyen our scholarship this year for his contribution to the Center and his academic efforts. This program has been a meaningful way to give back to the many students that volunteer or have their first jobs with us. Many of which help us at our yearly auction fundraiser.
- This month I completed the training for the newly formed Community Advisory Committee with Island Transit. Monthly meetings on Whidbey will require a shift in my day as they start at 5pm.
- The finance committee and most of the board met to go over the draft budget for 2026-2027. Preliminarily is approved and will be final on Tuesday the 23rd at the next Board meeting.
- **Rentals this past month:** FOCIP, Celebration of Life, Medicare 101 (2 sessions), Yoga, Fieldstone program, Ducks Unlimited Banquet, Wedding Reception
- **Non-profit meeting space:** CAA, Pickleball committee
- **Executive Director participated in the following Partnership/Collaborations:** 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, North County Senior Serving networking group, Stanwood Camano Resource Center, Little Green House, North Sound ACH, Island County Human Services, Island County Public Health

Grants	Amount and Status	Designated for
North Sound ACH	Applied for \$200,000 grant is a partnership with ISR	Food Insecurity- Food program w/ ISR at Camano
North Sound ACH	Applied for \$200,000 as partners and fiscal agents	Camano CARES program w/ Camano Fire & Rescue
SCAF- Floyd & Delores Jones	Applied for \$10,000	Install auto doors for ADA compliance in restrooms

Thrift Shop update:

- Average Customer spend at each visit for June (through the 16th) \$13.39
- Average Daily gross in sales per day for June (through the 16th) is \$3,112.
- Planning with Sylvia, Heidi and Lisa has begun. We have mapped out when and where the operations will be moved so that we can continue to take donations and be open to shoppers. The construction company is great about working on days we are closed and also minimizing the amount of space taken in the parking lot during the month of August. Tom has begun helping to clear areas we will need for storage.
- July 7th we will meet with the Thrift store volunteers to explain what our plans are for the operation.
- We will be sure to let customers know what to expect with the reader board, fliers at checkout, Crab Cracker ad, and a notice in our newsletter.

Camano Center is Hosting

Rain
or
Shine

2ND CHANCE THRIFT SHOP CHRISTMAS IN JULY SALE

SAT. JULY 25TH | 9:00AM - 3:00PM

606 ARROWHEAD RD. CAMANO ISLAND

Donation-Based Sale!
Pay what you want and help
support critical programs at
the Camano Center.

.....
Make sure to bring your own
bags, wagons, or crew to help
carry items.

Decor | Linens | Gifts
Clothing | Books
Home & More



CamanoCenter
Get connected.

Annual General Membership Meeting of the Camano Senior Services Association

July 27, 2026

3:00 P.M.

AGENDA

Call to Order & Welcome

President's Remarks

Introduction of the Board and Staff

Approval of Minutes of General Membership Meeting , July 28, 2025

- Refer [to page 8](#) of the newsletter for review.

Reports of Committees:

- Finance (Treasurer)
- Endowment
- Board Development

Executive Directors Report

Questions & Comments

Unfinished Business

New Business

- Proposed Bylaw Amendments and Vote
Refer to [page 11](#) of the newsletter for review
- Election of new Board Members
- Thank you to departing Board Members

Closing Remarks

Camano Senior Services Association Annual Membership Meeting

July 28, 2025 3:00 p.m.

Camano Center

Welcome and Call to Order: The annual membership meeting of the Camano Senior Services Association was called to order by President Kathy Sanchez at 3:00 pm on July 28, 2025 at the Camano Center, 606 Arrowhead Rd, Camano Island, WA. 98282.

Kathy Sanchez welcomed those in attendance and introduced members of the Board of Directors. Vice President, Larry Carlstrom, Treasurer Shirley Swanson, Secretary Connie Johnson, Paul Foster, Jeff Highland, Michal Scott, Kelly Kraus, Darlene Miller. Executive Director Bonnie Eckley, an *ex officio* member of the Board, was also present. Board member Ken Johnson was excused.

In addition to Board members, thirty members of the Corporation were in attendance. It was determined that a quorum was present.

Approval of Minutes: On a voice vote, the Minutes of the 2024 Annual Membership Meeting held on July 22, 2024 were unanimously approved as presented. The Minutes were published in the Camano Connections newsletter two months prior to this meeting as required by CSSA Bylaws; copies were made available to members present.

President's Remarks: President Kathy Sanchez began her remarks by noting that the Executive Director and Committee chairs will share much more detail about the work of the Board this year as the meeting continues. Then, she highlighted four significant items. The Camano Center is a thriving organization, with strong programming and strong resources to meet the needs of seniors and members of the community. The Association is in a solid fiscal position, strengthened this year by the engagement of Stordahl Capital Management to oversee an investment strategy and provide financial advice. Kathy noted the near-completion of a grant-funded installation of solar panels and storage battery, which will allow the Camano Center to provide a safe place for island residence during power emergencies. Kathy stated that the 2nd Chance Thrift Shop is flourishing, providing a needed service to our community. Finally, Kathy highlighted the Strategic Planning Process, which included information gathered from Center members, staff, and Board members, and resulted in a new three-year plan to guide future decision-making at the Camano Center.

Treasurer's Report: Treasurer Shirley Swanson presented the Finance Committee Report. Highlights included

- Total Revenue for 2024-2025 totaled \$2,015,381
- Total Expense for 2024-2025 totaled \$1,297,319
- Net Ordinary Income for 2024-2025 totaled \$166,062

\$552,000 of income from the solar grant was not reflected in Net Ordinary Income because it was paid out immediately as an expense. The \$552,000 expense will be reflected over time through depreciation expense. Currently it is still in fixed assets, so for the purpose of reporting net ordinary income for the

meeting, the \$552,000 was taken off the bottom line as it would be deceptively high. Depreciation will start as soon as final payments are made on the solar project.

To provide additional clarification of the Treasurer's Report, Bonnie Eckley handed out a June 30, 2025 year-to-date Balance Sheet.

Endowment Committee Report: Committee Chair Larry Carlstrom presented the Endowment Committee Report. In fiscal 2025 Stordahl Capital Management assumed Investment control of the Camano Center Endowment Fund. A Stordahl management team attended the March Board meeting and presented their portfolio review. The merger of the Quasi into the True Endowment was finalized. Previously authorized contributions to the endowment were executed during the year. The Board continues to defer any additional contributions, anticipating that contributions will resume as major projects currently underway are finalized. For most of 2025, market volatility impacted investment results. The Quarter ending June 30, 2025 was positive with a 3.7% investment value increase. As of June 30, 2025, the ending balance in the True Endowment was \$808,307. Questions were asked regarding the closing of the Quasi Endowment, noting that its purpose was to provide funding for unexpected opportunities and emergencies. It was explained that a short-term investment account, funded at \$500,000, has been created to cover such extraordinary expenses. It is also managed by Stordahl Capital.

Board Development Committee Report: Committee Chair, Kelly Kraus, presented the Board Development Report. During the past year, the Committee

- Updated various foundational Board documents, including
 - ◇ Board Development Committee Charter
 - ◇ Process for recruiting new Board members
 - ◇ Attributes, expectations, and rights of Board members
 - ◇ Relationship between Board and staff
 - ◇ Planning calendar for recruitment
 - ◇ Prospective Board Member Packet
- Updated and redistributed the Board of Directors' Handbook
- Recruited two new Board members

Facilities Committee Report: Committee Chair, Paul Foster, presented the Facilities Committee Report. Projects included:

- Re-roofing the Camano Center building
- Completing solar/generator grant project
- Creating five additional parking spaces at the 2nd Chance Thrift Shop

(Continued on page 10)

(Continued from page 9)

- Planting trees on wetlands property at 2nd Chance Thrift Shop
- Exploring building addition options to Center
- Replacements to kitchen equipment at Center
- New carpet and flooring throughout most of the Center
- New security cameras and alarm at 2nd Chance Thrift Shop
- New Gate at 2nd Chance Thrift Shop

Executive Director's Report: Executive Director Bonnie Eckley presented the annual Executive Director's Report. Highlights of the Report included:

- Enumeration of significant maintenance challenges, some unexpected and others the result of aging buildings and infrastructure
- Solar grant awarded and the work is 80% complete
- New partnerships in the community
- Education topics—grief, technology, scams, downsizing, brain and exercise, caregiver support
- SAIL classes transitioned to Camano Fit and Steady
- Old Friends Club transitioned to Camano Friends Club

The FY 2026-2028 Strategic Plan is nearly finalized. Five Goals focus the Plan:

Goal 1: Grow and strengthen financial sustainability.

Goal 2: Increase awareness and engagement to optimize our impact to the community.

Goal 3: Maximize program and service impact and participation.

Goal 4: Strengthen organization as a “place based” nonprofit center.

Goal 5: Become the best nonprofit in the region at which to work and volunteer.

Old Business: There was no old Business.

New Business: Members in attendance were invited to vote on members of the Board of Directors. Kelly Kraus spoke briefly about the credentials and interests of the two new nominees for Board positions. Using paper ballots, the following individuals were elected: Larry Carlstrom and Kelly Kraus were renewed for second 3-year terms on the Board; Judith Shoudy and Dale Wagner were elected to 3-year terms as new members of the Board.

For the Good of the Order:

On behalf of the Board, Kathy Sanchez expressed gratitude to the staff and volunteers for their time and dedication to the Camano Center. She expressed grateful appreciation to our many donors, and she thanked the members of the Corporation in attendance for participating in the Annual Membership Meeting.

Larry Carlstrom, Vice President of the Board of Directors, spoke briefly about the service of retiring members of the Board; Linda Hadley—4 years, Board Development Committee; Shirley Swanson—4 years, Treasurer of the Board, Chair of the Finance Committee; Connie Johnson—7 years, multiple years as Secretary; Kathy Sanchez, 8 years, multiple years as President and Vice President. Larry Carlstrom and Bonnie Eckley presented each retiree with a card and flowers.

Before adjourning the meeting, Kathy Sanchez reflected on her years of service and leadership on the Board.

Adjournment: The meeting was adjourned at 4:00 p.m. by President Kathy Sanchez

Respectfully submitted, Connie Johnson, Secretary, Camano Center Board of Directors

Bylaw Amendments

The Board of Director of the CSSA has endorsed three amendment to the Bylaws of the Camano Senior Services Association. These Amendments will be considered for approval at the Annual Membership Meeting on July 27, 2026. The endorsed amended wording is highlighted in **bold**.

Amendment 1: Relating to time of Annual Membership Meeting, Article II —MEETINGS

1. ANNUAL MEETING—At least one meeting of the members of the Corporation of the Camano Center shall be held in each calendar year except as other wise determined by the Board of Directors, the regular annual meeting shall be held at **3:00 p.m.** on the fourth Monday of July at such location designated by the Board.

Amendment 2: Relating to Ex-officio Members of the Board, Article III—DIRECTORS

12. **EX-OFFICIO MEMBERS**—the Executive Director of CSSA shall be an ex-officio member of the Board of Directors and serves by virtue of office. The Board of Directors may appoint by majority vote other ex-officio members who may provide specialized knowledge or hold organizational roles which enhance Board expertise. Such ex-officio members must be of lawful age and members in good standing in the Corporation and will be reviewed for reappointment annually. Ex-officio members may participate at Board meetings and serve on committees but do not have voting rights and are not counted in quorum calculations.

13. REMOVAL—Any member of the Board of Directors, Officer of the Board, **ex-officio member**, employee, or agent my be removed by majority vote of the Board of Directors whenever in its judgment the best interest of the Corporation will be served thereby.

Amendment 3: Relating to Indemnification, Article X—INDEMNIFICATION

INDEMNIFICATION OF OFFICERS, DIRECTORS, EMPLOYEES AND AGENTS—The corporation shall indemnify its officers, directors, employees and agents to the greatest extent permitted by law or as otherwise provided in the Articles of Incorporation. The corporation shall have power to purchase and maintain insurance on behalf of any person who is or was a director, officer, employee, or agent of the corporation or who is or was serving at the request of the corporation as an officer, employee or agent of another corporation, partnership, joint venture, trust, other enterprise, or employee benefit plan, against any liability asserted against such person and incurred by such person in any such capacity or arising out of any status as such, whether or not the corporation would have the power to indemnify such person against such liability under the provisions of this Article.

WITH GRATITUDE

Recognizing gifts made between 5.11.26 and 6.10.26

APPRECIATION:

Round Up Donors – 2nd Chance Thrift Shop
Anonymous Donor – Lunches
Anonymous Donor – Coffee
Anonymous Donor – Notary Public
Gerald and Susan Hunt – Medical Ride Program
Connie and Nick Johnson – Notary Public

GALA AUCTION:

Kerri Jones – Auction Donation

GENERAL:

Tom and Julie Bolser
Robert and Emelia O'Neal
Teri Prochaska
Paul and Sandra Schumacher
Duane Simshauser

RECURRING:

Juliane and Jeremy Abbott
Sandra Clemetson
Robin and Glen Elder
Marilyn and Walter Grosjean

RECURRING:

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
John and Karen Selle
Betsy Shields
Tim and Kirsten Spencer
Phil and Candy Trautman
James and Karen Walden

RESTRICTED:

Larry and Maria Carlstrom – Camano Friends Club
Elynn Thoreen – Camano Friends Club

Give your Vehicle a Second Life

Cars • Boats/RVs (w/trailers) • Motorcycles

Turning unused vehicles into services
and support for local older adults.

- ✓ Free pickup
- ✓ Tax deductible
- ✓ Big impact



 [Learn More Here!](#)

 (866) 392-4483



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.camanocenter.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

THE TWENTIES GALA

Help Us Build an Amazing Auction!

Do you have an item, gift card, service, or experience you'd like to donate? Here are some items our guests love 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



GET CONNECTED!

CAMANO CENTER MEMBERSHIP

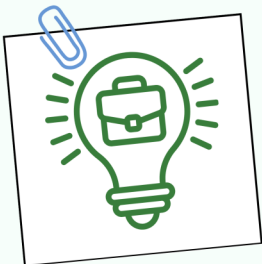


Stay social, active, and inspired! Make new friends, explore shared interests, take a class, enjoy a wide variety of activities (most are free for our Members!) or attend one of our events. There's something exciting happening every day, don't miss out!



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: Kelly Costinett, Suzanne Keifer, Jody Wilson, Tina Monsaas, Suzanne Frew, Ivanka Lupenec

BUSINESS MEMBERS

Please Support the Businesses that Stand Behind the Camano Center

Join Us and Sign Up Today!

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

[Badger Senior Services](#)

[BCI Construction](#)

[Beach & Blvd Real Estate](#)

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

[Bio Clean Inc.](#)

[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](#)

[Camano Stanwood Pickleball Association](#)

[Cascade Lumber](#)

[Cascade Village at Smokey Point](#)

[Cascadia Eye](#)

[Coastal Community Bank](#)

[Crestview Adult Family Home](#)

[Designs Northwest Architects](#)

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

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

[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](#)

[Lenz Enterprises](#)

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

[MQ Gadgets - Gifts - Goodies](#)

[Nate Greenland – Edward Jones](#)

[North West Placement](#)

[Olson Plumbing](#)

[Our Legacy Fields](#)

[Pope Chiropractic](#)

[Right At Home](#)

[Safe Harbor Legal Solutions](#)

[Shoebox Baking Company](#)

[SLM Financial Services](#)

[Stanwood Camano Arts Guild](#)

[Stanwood Hearing](#)

[Stanwood Lions Club](#)

[The Camano Shop](#)

[Tootsie Trimmer](#)

[USTA Martial Arts Camano Island](#)

[Vidor & Associates, Inc.](#)

[Windermere Real Estate](#)

Programs, Services, & Partnerships Helping Older Adults



Camano Friends Club

Camano Friends Club

Camano Friends Club is a joyful and welcoming place where people living with memory loss can connect, engage and enjoy meaningful time together.

Contact the Camano Center at 360-387-0222 to schedule a time to stop by for a visit to see if the Camano Friends Club is the right match for you and your family member. Club days are 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.**



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.**

July Lunch Entrée

1	Wed	BBQ Pork Ribs
3	Fri	MEAL SITE CLOSED
6	Mon	Sweet & Sour Crispy Chicken
8	Wed	Beef Stroganoff
10	Fri	Club Sandwich
13	Mon	Kielbasa Sausage
15	Wed	Roast Chicken Thigh
17	Fri	Mediterranean Pasta Salad
20	Mon	Broccoli Cheddar Quiche
22	Wed	Pork Carnitas Bowl
24	Fri	Meatball Sub Sandwich
27	Mon	Beef Chili Mac & Cheese
29	Wed	Chicken & Biscuits w/Gravy
31	Fri	Taco Salad w/Ground Beef

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.

The Volunteer Chore Program & Camano Helping Hands



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.

Morning Call Program

A Friendly Call to Start Your Day

The Camano Center's Morning Call Program is a free service designed for adults age 55 and older who live alone. Monday through Friday between 9:00 and 10:00 a.m., participants receive a friendly phone call from a Camano Center staff member or front desk volunteer.

These calls provide an opportunity to connect, enjoy a friendly conversation, and start the day with a caring voice. The Morning Call Program reflects our ongoing commitment to reducing social isolation and fostering meaningful connections among older adults in our community.

If you're interested in receiving a morning call, please contact the Camano Center at (360) 387-0222. We look forward to helping you start your day with a friendly conversation!

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





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!

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, Aug. 17th

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

The Camano Center offers a wide variety of daily, weekly, and monthly activities. Group sizes may vary, space may be limited, and some activities have additional participation requirements. For activities involving games played 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

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

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 Friday

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

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.

Beginners and experienced crafters welcome. Bring a project or come for inspiration.

Group Manager: Mary Beckham
(360) 387-6958

(Continued on page 28)



Get Creative *Art & Sewing*



Stanwood-Camano Hero Quilters

3rd Wed every

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



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

Congratulations Derek Nguyen!

The Camano Center is honored to recognize a very special student employee with this year's SCAF high school scholarship presented during the high school's scholarship night. Adin Collver, Catering Director, notes that Derek is a natural leader who consistently brings curiosity, initiative, and dedication to everything he does. He's always eager to learn, grow, and help those around him succeed. His hard work and commitment with our catering team truly set him apart, and this award is incredibly well deserved.



CAMANO CENTER'S

2ND CHANCE THRIFT SHOP



PRACTICAL | VINTAGE | ANTIQUE

From gently loved toys to imaginative new discoveries—delight little shoppers without breaking the budget.

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



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

2ndchancethriftshop.org

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

(Continued from page 26)

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



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

Travel Talk

2nd Fri

10:00-12:00pm

Location: Jensen Room

Come to Travel Talk! Each month, a Camano Center member shares their trip—maybe a cruise, a European getaway, or a journey to somewhere totally unexpected—with a fun slideshow and great stories. Whether you've got stories to tell or just want to listen.

Group Manager: Mark Kraus
(425) 503-9072



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