



August 2026

camanocenter.org



Emerald Circle

Executive Director, Bonnie Eckley, addresses the 2025-2026 Emerald Circle Donors at the end of July.

Many thanks to this group and all donors that give of their time and resources to make the Camano Center and 2nd Chance Thrift Shop such special places to us all!

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

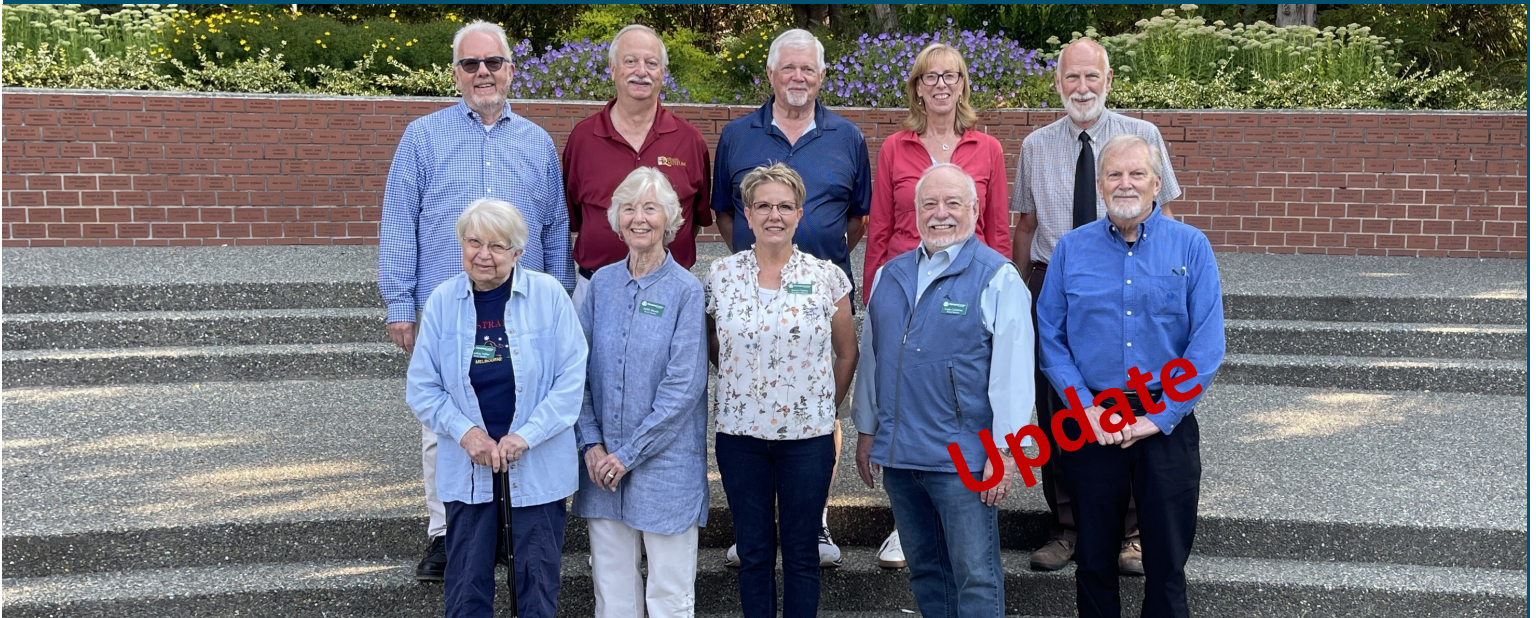
Kelly Kraus

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 July 2026



Upcoming Events/Happenings:

9/10	Spaghetti Dinner
9/12	Camano 101
9/26	Auction

Past 30 Days:

- The Summer Solstice Art Fair was a well-attended event. Over 450 shoppers came to buy great locally made items. This year the event fell on the same day as Arrowhead Ranch's Soapbox Derby so this was a win-win for both nonprofits to get people to check out what was happening. The net profit was \$2,580. This event does not acquire sponsorship due to the proximity to the Auction. We do not want to over ask our local businesses.
- The install of the flooring in our remaining two rooms has been completed after the base boards were installed. Many comments from members on how lovely the rooms look!
- Our Camano Friends Club has 2 openings on both our Tuesday and Thursday club days. We have put the word out on social media, our newsletter, and tv monitors.
- Nicole Conover has begun working with myself and staff to assist in our daily operations on Wednesday and Thursdays at the Center.
- Lisa tabled at the Lincoln Hill Resource Fair to share our programs and services with Stanwood. We will have another opportunity for board members to help with this important task, at the National Night Out on August 4th. Judith and Cynthia have signed up for this event. Thank you!
- I've begun the monthly committee work with the Community Advisory Committee with Island Transit. Monthly meetings on Whidbey will require a shift in my day as they start at 5pm. On occasion I can do virtual.
- I have been attending the Senior Alliance for Island County committee meetings regularly in person on Whidbey as cuts have started to become apparent with the State's contribution for Nutrition. County funds may also be affected so I am keeping close contact with ISR on what they find out.
- Our video team has been working with us closely to create a new video for this year's auction.
- The Emerald Circle event was a nice evening with our major donors. Many compliments came in afterwards and thank you's for thanking them in a meaningful way.
- Our Powerful Tools for Caregivers contract with Northwest Regional Council has been renewed for another 3 years. This is very exciting as the work being done is so important to so many.

- North Sound ACH grant cycle on Food Insecurity grants has ended and both the Center and ISR will share the award. The CARES partnership with Camano Center was also awarded their grant. This will also qualify the organizations to enter into the Community Hub portion of North Sound ACH which works closely to be referring partners to and from the other organizations in the Hub.
- **Rentals this past month:** 2 Celebrations of Life , Medicare 101 (2 sessions), Yoga, 50-year High School Reunion
- **Non-profit meeting space:** FHHA Board meeting, CARES meeting, Pickleball meeting
- **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, Camano Fire & Rescue

Current Grants Applied for:

Grants	Amount and Status	Designated for
North Sound ACH	Applied for \$200,000 grant is a partnership with ISR <i>Awarded \$75,000 to split</i>	Food Insecurity- Food program w/ ISR at Camano
SCAF- Floyd & Delores Jones	<i>Awarded \$10,000</i>	Install auto doors for ADA compliance in restrooms

Thrift Shop update:

- Average Customer spend at each visit for July \$13.72
- Average Daily gross in sales per day for July is \$3,350
- 2nd Chance received this years Stanwood Camano Best Of, in the category of Thrift Store!
- July 7th we met with the Thrift store volunteers to explain what our plans are for the operation. The map used for planning and explaining has been posted in the break room at the thrift store.
- The annual Christmas in July Sale grossed \$6,631 .
- Sylvia, Heidi and Lisa have done a great job at prepping additional showroom space to move areas of the old building over for the construction project starting August 3rd.
- Nicole and I ran the store July 23-25 so Heidi and Sylvia could set up and run the Christmas Sale.
- We have been letting customers know what to expect with flyers, newsletter, Crab Cracker ads, and eventually the reader board out front.
- Our Fiscal year end has been completed with the Thrift Shop raising their earnings over 11% from last year! This number exceeds our Strategic Planning goal for the year.

CELEBRATING NATIONAL SENIOR CENTER MONTH

Spaghetti Dinner Fundraiser

**SEPTEMBER 10, 2026
4:00PM - 6:00PM**

Guests are encouraged to make donations in support of the Camano Center's programs and services.

**No-Host
Bar**



TICKETS ARE FREE!



PLEASE RSVP HERE

**CAMANO CENTER
606 ARROWHEAD ROAD, CAMANO ISLAND
Questions? Please call (360) 387-0222**



Powerful Tools for Caregivers

A six-week journey to reduce stress, build confidence, and care for yourself

Feeling stretched in your caregiving role? Whether you care for someone at home, in a facility, or from a distance, caregiving can take a toll. This six-week, evidence-based program gives you practical tools to care for yourself while caring for someone you love.

Six-week course at the Camano Center

October 15 – November 19

Thursdays, 9:30 a.m. – 11:00 a.m.

Camano Center

606 Arrowhead Road, Camano Island

Call the Camano Center to register 360-387-0222

(pre-registration required, offered at no cost)

Powerful Tools
FOR Caregivers



CamanoCenter
Get connected.

You'll Learn How To:
Reduce Stress
Improve Self-Confidence
Manage Time, Set Goals,
and Solve Problems
Better Communicate Your Feelings
Locate Helpful Resources
Make Tough Decisions

Classes are led by certified local instructors Judith Shoudy and Kris Kappel, both experienced caregivers passionate about supporting others.

WITH GRATITUDE

Recognizing gifts made between 6.11.26 and 7.10.26

APPRECIATION:

Round Up Donors – 2nd Chance Thrift Shop
Laurel Cox – Medical Ride Program
Lois Giles – Membership
Gerald and Susan Hunt – Medical Ride Program
Connie and Nick Johnson – Notary Public Services
Walter and Patricia Nelson – Medical Lending Closet
Steve and Milly Norwood – Medical Lending Closet
Katie Zeitler – Lunch Program

GENERAL:

Hiram and Patricia Bronson
Vicky Giannelli
Adeline Gildow
Lynda Glasoe
Utsalady Ladies Aid
Skuyler Jacobs
John and Helen Linden
Anonymous Donor
John and Karen Selle

IN MEMORY:

Kimmi Blanchard – Judy Byrum
Bonnie Cavell – Richard Cavell
Jill Johnstone – Carolyn Baldwin
Teri Prochaska – Carolyn Baldwin

RECURRING:

Juliane and Jeremy Abbott
Sandra Clemetson
Bonnie and Jeff Eckley
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
Betsy Shields
Duane Simshauser
Tim and Kirsten Spencer
Phil and Candy Trautman
James and Karen Walden

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



Evergreen Circle

The Evergreen Circle honors individuals who have chosen to include Camano Center in their estate plans.

These thoughtful gifts help ensure our community continues to thrive by providing connection, nourishment, and vital services for older adults for generations to come.

Interested in learning more about Planned Giving?
Visit camanocenter.org/donate
or ask us about the Evergreen Circle.

**Rooted in Community.
Growing for Generations.**

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

CAMANO CENTER'S 2ND CHANCE THRIFT SHOP



PRACTICAL | VINTAGE | ANTIQUE

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

Shopping
Wednesday - Saturday
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



GET CONNECTED!

CAMANO CENTER MEMBERSHIP



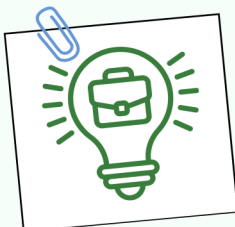
CamanoCenter
Get connected.

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

BUSINESS MEMBERS

Please Support the Businesses that Stand Behind the Camano Center

Join Us and Sign Up Today!

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

[A Better Solution Home Care](#)

[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 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](#)

[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 Cottage Adult Family Home](#)

[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 openings on both days. Visit or check our website for more information [here](#) or complete an inquiry form by clicking on the following link [CAMANO FRIENDS CLUB](#).

July 2026 marked the three-year anniversary of Camano Friends Club!

A heartfelt thank-you to our spectacular Camano Friends Club team: Club Coordinator Tina Dinzi-Pederson; Club Assistants Sheri Standley and Pat Holmes; and our mighty crew of 27 volunteers!

Together, you have made an enormous difference in the lives of our CFC friends living with dementia and brain injuries, while also providing their care partners with meaningful moments of respite and peace of mind. We are incredibly grateful for each and every one of you!

Camano Center

Medical Transportation Program

The Camano Center's Medical Transportation program is here to ensure you can get to the medical care you need. Our trusted volunteer drivers provide safe, reliable, free rides for people who may not have access to a car, live beyond regular bus routes, or need a little extra support getting to important medical appointments.

If you are an older adult, live alone, or simply need a dependable and friendly ride, this service is designed to help you maintain your health, independence, and peace of mind—at no cost to you.

You can also support this essential program by becoming a volunteer driver or contributing as a donor. Together, we help our community stay healthy—one ride at a time.



Contact Angie Bayley for more information or to register for the program.

(360) 387-0222

abayley@camanocenter.org

Foot Care Clinic

Provided by D & L Essential Services

Appointments are available on
the 1st, 2nd, 4th Wednesdays
at the Camano Center.

Fees are as follows:

\$40 toenails

\$10 fingernails

Checks accepted, cash preferred when possible.

Call to Schedule your Appointment

(360) 387-0222



Lynn & Donna

Medical Equipment Lending Program



Camano Center loans certain types of medical equipment to residents experiencing a temporary or permanent disability. There is no check out system. If you see something you need, take it and bring it back whenever you are done using it.

Equipment Donations Welcome: We are always seeking donations of gently used durable medical equipment such as wheelchairs, walkers, crutches, canes, shower chairs and commodes.

Lending Closet Locations: 2nd Chance Thrift Shop, 1335 WA-532 or visit Camano Center, 606 Arrowhead Rd, Camano Island. For more information call (360) 387-0222



In Home Care Registry

Are you looking for some support in or around your home, or know someone else that is?

Services for hire might include personal care, companionship, light housekeeping, meal preparation, medication management, transportation, home maintenance and much more!

Click [here](#) to visit the programs & services section of our website for more information or to view the list.

It is available in person at the Camano Center front desk Monday through Friday 8 a.m.–4 p.m.

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 11 a.m.-12 p.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.

**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.

August Lunch Entrée

3	Mon	Chicken Curry
5	Wed	Beef w/Broccoli
7	Fri	Turkey & Swiss Sandwich
10	Mon	Tender Chicken Strips
12	Wed	Turkey Enchilada Bake
14	Fri	Chicken Caesar Salad
17	Mon	Cauliflower and Swiss Strata
19	Wed	Baked Potato w/Beef Chili
21	Fri	Chicago Dog—All Beef Dog
24	Mon	Pork Dijon
26	Wed	Meatballs w/Marinara
28	Fri	Chop Chop Salad w/Turkey
31	Mon	Ham Mac & Cheese



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

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.

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.

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.—3:30 p.m.

Call for an Appointment
(360) 387-0222



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 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: Jensen Room

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

Friendship Tea Returns September 1. 10:30-11:30am

Group Manager: Connie Johnson (360) 652-7211

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



Moving with Ease & Flow

NEW WAYS OF RESPONDING
TO LIFE'S CHALLENGES

Tai Chi



Sifu M Andrew Curry

*Introductory
Class*

**Thursday, August 20
10 AM – 11 AM**

*Open to everyone regardless
of condition or experience.*



CamanoCenter
Get connected.

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

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? Check in at the front desk at 12:30 PM; music starts at 1 PM.



COWBOY MUSIC GROUP

Come for the Music, Stay for the Friendship

Friday 12:45 PM - 3:15 PM

■ ■ ■ ■

The group plays mostly country, folk, and country-rock classics.
Camano Center members participate for free.

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Group Manager: Jack Rensel
Are you interested in joining us for the first time?
Check in at the front desk by 12:45 PM. The music start at 1 PM.



Get Creative *Art & Sewing*



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

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

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



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