

CAMANO CONNECTIONS



SCAN ME

September 2026

camanocenter.org



CamanoCenter
Get connected.



20th Annual Gala Auction

Our Gala Auction is this month. Join us for Camano Center's biggest fundraising event of the year, filled with great company, exciting auction items, and an unforgettable evening. See [page 6](#) for all the details.

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

Cynthia Lahti | Secretary

Stephanie Davis

Kelly Kraus

Darlene Miller

Michal Scott

Dale Wagner

Jill Vail



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!

camanocenter.org/venue-rentals/



Executive Director Report for Board of Directors August 2026



Upcoming Events/Happenings:

9/10	Spaghetti Dinner
9/12	Camano 101
9/26	Auction
10/28	Halloween Lunch

Past 30 Days:

- The install of the flooring in our remaining two rooms is complete. Many comments from members on how lovely the rooms look!
- Our Camano Friends Club has 3 openings on Tuesdays and 1 on Thursday club days. We have put the word out on social media, our newsletter, tv monitors, and our networks.
- Nicole Conover has begun working 2 days per week to assist my role and overall daily operations on Wednesday and Thursdays at the Center. Her internship of 10 weeks was completed, and we are thrilled to have her stay on with us, while still being a back up to our thrift supervisors when needed.
- Ian Gleadle has been hired to take professional pictures and videos for our website, marketing, flyers, etc. Having updated arial views of our solar and metal roof was on our wish list that has been completed. Currently we are sorting through how the various pictures will be used.
- The recent National Night Out on August 4th was tabled by Judith and Cynthia. Many great interactions and feedback from them. They would like to do it next year! Thank you!
- A new benefit modeled similarly to ISR's anniversary policy, will go into effect with staff's September 11th paycheck. Those working a minimum of 1 regularly scheduled shift per week will be eligible for 1 vacation day each year on their hire date anniversary. (On call and less than 8 hours per week employees do not qualify.)
- 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 being reduced by 49% back to pre-covid numbers for Nutrition. County funds may also be affected so I am keeping close contact with ISR on what they find out.
- ISR has hired a new Executive Director- Alex Seymour who started August 10th. I'll be meeting with the new team once they get some training in.
- 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.
- 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.
- I've been meeting with the Community Foundation of Snohomish County to get more support in succession planning for urgent needs, and for planned coverage. Once completed I will present to the board for approval.

- The Wellness Committee has met numerous times to work on coming up with new programming that will meet the needs of our membership and community. The first event will be in the fall and be directed towards younger seniors 55-65 which are known as the “sandwich generation”. We will have 3 speakers to discuss topics such as Retirement, Caring for Aging Parents, etc.
- Island Regional Transportation Planning Organization (IRTPO) has been doing interviews on long range planning for transportation on the island. I’ve interviewed with them, and they came to table at our front lobby last week.
- I met with the Board president of Mount Vernon’s Senior Center for the 3rd or 4th time, this time visiting her site in Mount Vernon. They have many challenges ahead, and have started a thrift store to support their plans.
- I also met with the Executive Director, Program Manager and Finance Director of the Stilly Valley Center who came here to tour and ask questions.
- The Doorman bid has been accepted and parts being ordered to do the work on our 2 restrooms at the Center to add automatic opening doors. This is being funded by a grant through SCAF.
- Staff updates forthcoming in board meeting.
- Carol Pope will be retiring from Yoga in November. A student of the class is in the process of getting certified and has 26 years of experience. Chris Rucker will take over the class in November.

Rentals this past Month:

- Medicare 101 (2 sessions), Yoga, 50-year High School Reunion
- Non-profit meeting space: FHHA Board meeting, CARES meeting, Pickleball meetings, FOCIP bus tour
- 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, Island Regional Transportation Planning Organization (IRTPO), Mount Vernon Senior Center, Stilly Valley Center

Current Grants Applied For:

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

Thrift Store update:

- Average Customer spend at each visit for August \$12.58.
- Average Daily gross in sales per day for August \$3,023.
- Construction project is going very well. The crew is respectful of us wanting to stay open and having limited parking. We’ve gotten the crawl space and flooring filled and replaced, walls restructured, electrical and plumbing fixed. Sheet rock is in and next will be tape and texture, painting and lastly carpet. We will then be rearranging the store a bit to optimize space and give shoppers a new experience when we open up the area. Our Fiscal year end has been completed with the Thrift store raising their earnings over 11% from last year! This number exceeds our Strategic Planning goal for the year.

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

Thank you to our 2026 SPONSORS!

LAW OFFICE OF
DALE WAGNER



Josephine
Caring Community
One Heart. Many Hands.



Heritage
BANK

LAW OFFICE OF
COLE &
GILDAY PC

CASCADE
Lumber, Inc

Skagit Regional Health

MGM
FLOORING AND INTERIORS

STANWOOD HEARING

Windermere
REAL ESTATE



LENZ
ENTERPRISES



TULAMP
RESORT CASINO

SLM Financial
Services
360-516-2266



COASTAL
COMMUNITY BANK®

chand@camanocenter.org

THE TWENTIES GALA

20TH Annual Gala
Benefiting the Camano Center

LIVE GALA
ITEMS AND
DESSERT
DASH
DONATIONS
NEEDED!

Donation Deadline is 9.4.26



Auction Examples: Gift baskets & certificates, sporting and event tickets, unique experiences, vacation homes, home services. Desserts: Cakes, pies, cookies – the sweeter, the better!

Please contact Cindy Hand at
chand@camanocenter.org or 360-387-0222

More info at camanocenter.org/gala

Tickets on sale 8.31.26

Event date 9.26.26



WITH GRATITUDE

Recognizing gifts made between 7.11.26 and 8.10.26

APPRECIATION:

Round Up Donors - 2nd Chance Thrift Shop
Anonymous Donor - Lending Library
Anonymous Donor - Camano Friends Club Lunch
Michael Pinoges and Roxanne Hamilton - Notary Svcs
Anne Williams - Camano Friends Club

GALA AUCTION:

Gerald and Rebecca Albers
Michal and Jo Ann Scott

GENERAL:

Randy and Diane Daniel
Frank and Jackie DeFazio
Frank Kruse
Frank and Mary Montgomery
Paul and Sandra Schumacher
Kathy Shanahan
Victoria Spane

IN MEMORY:

Gay Campbell - Oren Campbell
Ruth Johnson - Adeline Gildow
Barbie Whisler - Jim Herrgott
Barbie Whisler - Ben Whisler

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
Tim and Kirsten Spencer
Phil and Candy Trautman
James and Karen Walden

RESTRICTED:

Larry and Maria Carlstrom - Camano Friends Club
David and Marie Mark - Camano Friends Club
Stanwood Camano Area Foundation --
Floyd & Delores Jones Endowed Fund Grant

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.

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**





FREE COMMUNITY FAIR

CAMANO 101:

Get the answers. Meet your neighbors. Love where you live.

Saturday, Sept 12, 2026 · 10 am – 1 pm · Camano Center



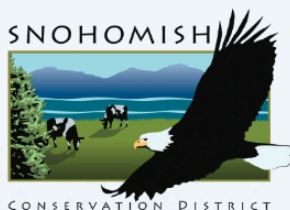
LEARN MORE:
bit.ly/camano-101



**Bring your island questions
& leave with answers!**



- Protect the shoreline you love
- Prepare for the next windstorm
- Find rides, food, & aging-in-place help
- Discover where to volunteer



WSU EXTENSION
Island County

One evening. Three important conversations.

Planning for What's Next

Practical guidance for retirement, protecting what matters, and supporting aging parents

You're planning for your own future—while perhaps helping aging parents navigate theirs or supporting adult children. Join us for an evening designed for adults in their 50s and 60s who are balancing retirement planning, family responsibilities, and decisions about what comes next.



Tuesday, November 3

5:00–6:30 pm ♦ Camano Center

606 Arrowhead Rd., Camano Island 360-387-0222

5:00–5:30 PM - Social Time

Enjoy wine, beer, light snacks, and conversation.

5:30–6:30 PM - Choose one presentation

(space is limited, pre-registration required, 21+ event)

CAN YOU AFFORD TO RETIRE?

**Nate Greenland
Financial Advisor,
Edward Jones**

Take a practical look at your retirement readiness, future expenses, and steps you can take now to prepare.

SMART PLANNING TO AVOID MISTAKES **Jim Dolan, Elder Law Attorney**

Learn about key legal and financial decisions that can help protect you, your family, and what you've worked hard to build.

SUPPORTING AGING PARENTS: PLANNING BEFORE A CRISIS **Kelsey Lovik, Northwest Regional Council**

Learn how to start important conversations, find support and resources, and make a plan before an urgent need arises.



RESERVE YOUR SPOT!

Choose your presentation when you register.



CamanoCenter
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Programs, Services & Partnerships Helping Older Adults

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. 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 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

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](#) e for more information and to view the list. It is available in person at the Camano Center front desk Monday through Friday 8 AM – 4 PM.



Camano Center *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

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!



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!

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!

Coffee Sponsor



Josephine

Caring Community

One Heart. Many Hands.

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.**



Juliane Abbott & Bonnie Eckley

**Call for an Appointment
(360) 387-0222**



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 care giving 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



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.

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



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.

Live Well, Age Well

Help Us Shape the Next Chapter in Healthy Aging Education

This October, the Camano Center will offer a two-session pilot of **Live Well, Age Well**, a new healthy aging program for adults 50 and older.

The Camano Center is proud to be one of five pilot sites across Washington State helping to develop the new program. Feedback from our participants will help the statewide development team refine the program's content and delivery format before its wider launch in the spring.

Live Well, Age Well builds on the strengths of the recently retired *Aging Mastery Program* while incorporating current research, practical tools, meaningful conversation, and small action steps.

Pilot participants will explore two of the program's six modules:

- **Living Well Starts Today** — Explore how perspective, gratitude, healthy habits, and intentional choices can help you challenge stereotypes about aging and take meaningful steps toward living well at every stage of life.
- **Strong Bodies** — Learn practical ways to support strength, balance, and overall well-being through movement, nutrition, and hydration.

We are seeking 15 participants—a mix of former Aging Mastery Program participants and individuals who are new to the program and interested in exploring these topics and helping shape the program through their feedback.

Sessions are tentatively planned for **Wednesdays, October 21 and 28, from 1:00–2:30 p.m.**

Participants should plan to attend both sessions.

Interested in helping us shape this new
Live Well Age Well program that is being
piloted across Washington State?

Contact Karen Conway at
kconway@camanocenter.org or add your
name to the sign-up sheet at the front desk.
Space is limited.

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.**

September Lunch Entree

2	Wed	Roasted Pork Loin
4	Fri	BLT Sandwich
7	Mon	Meal Site Closed-Labor Day
9	Wed	Turkey Sloppy Joe
11	Fri	Caprese Salad
14	Mon	Lar's Famous Biscuits & Gravy
16	Wed	Beef & Broccoli Stir Fry
18	Fri	Grilled Cheese Sandwich
21	Mon	Ham & Swiss Quiche
23	Wed	Chicken Alfredo
25	Fri	Meal Site Closed-MOW only
28	Mon	Pepperjack Burger
30	Wed	Chicken Curry

**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.

HALLOWEEN LUNCH

& Costume Contest

WEDNESDAY

OCTOBER 28, 2026

SEATING BEGINS AT 11:30 A.M.

Meet our Camano Center
Board Members!

Show Off Your Costume!

Win a Prize!

Our Board Members will mingle,
chat with you, and choose
their Top 3
Favorite Costumes!

SIGN UP AT THE
FRONT DESK

COME DRESSED TO IMPRESS

Stanwood-Camano Food Bank

Senior Serve



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

Open for Senior Serve every Thursday
from 11 A. M. - 12 P.M.

Ensure Plus

Liquid Nutritional Supplement

Service provided in partnership with
Island Senior Resources.



Senior Serve is a free appointment-based food distribution for anyone in need of food age 60+. 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.



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.

BEFORE YOU CLICK, CALL BACK, PAY OR SHARE...

PAUSE - 5 simple steps to help stop a scam

SCAMS CAN LOOK AND SOUND REAL. A recent scam used a family member's voice and phone number, claimed there had been an accident, and directed the person to call a fake "lawyer." AI can clone voices, and caller ID can be faked.

If a message creates FEAR + URGENCY + SECRECY or asks for PAYMENT -> PAUSE.

P	PAUSE: Stop. Take a moment. Do not let anyone rush you into clicking, paying, sharing information, or staying on the line.
A	ASK: Is this unexpected? Are they creating fear, urgency, or secrecy? Are they asking for money, personal information, a code, or access to your device?
U	USE A TRUSTED WAY TO VERIFY: Hang up. Contact the person, bank, business, or agency yourself using a number you already know, a saved contact, an official app, or the number on your card/statement. Do NOT use the number or link they gave you.
S	SHARE NOTHING. SEND NOTHING.: Do not give passwords, PINs, Social Security or bank information, or one-time verification codes. Be especially suspicious of requests for gift cards, cryptocurrency, wire transfers, payment apps, or moving money.
E	END THE CONTACT & REPORT: If it still feels wrong, end the call/message. Tell someone you trust. If you sent money, contact your bank or payment company immediately. Report scams to the FTC: ReportFraud.ftc.gov or 1-877-382-4357.

THREE THINGS TO REMEMBER

VOICE	NUMBER	MESSAGE
A familiar voice can be cloned.	A familiar phone number can be spoofed.	A logo, email, text, or website can be copied.

It is ALWAYS okay to hang up, stop the conversation, and check another way. Taking a few minutes to verify can protect you.



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!

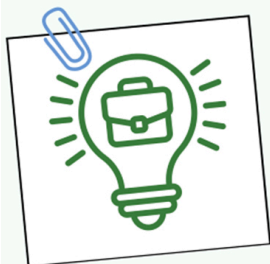
INDIVIDUAL ANNUAL MEMBERSHIPS

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: Craig Torget, Joan Torget, & Jill Erwin

Business Members

Please support the business members 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 & BlvdReal 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 Stanwood Pickleball Association](#)

[Cascade Lumber](#)

[Cascade Village at Smokey Point](#)

[Clear Line Care & Consulting](#)

[Coastal Community Bank](#)

[Crestview Adult Family Home](#)

[Designs Northwest Architects](#)

[Destinations by Melanie](#)

[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](#)

[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](#)

[Sheba's Love Adult Family Home 2](#)

[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](#)

Join in and Connect with Others at the Camano Center

This schedule is subject to change. Please check the website [calendar](#) before you leave home.

The Camano Center offers a wide variety of daily, weekly, and monthly activities for our community. Group sizes may vary, space may be limited, and some activities may have additional participation requirements. Activities involving games played for money require a current Camano Center membership.

Most activities are free for current Camano Center members. Non-members are welcome to participate with a \$5 activity fee, payable at the front desk during check-in.

Click on an activity title for participation details, requirements, and additional information, or visit our online calendar for the most current schedule.

Art & Sewing

Create with Friends

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

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

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

Game Time *It's Your Move*



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

Dominoes

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

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

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

Everyday Technology

Master your Devices

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: Library

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.

Free to Camano Center Members

Email Joyce Lukaczer

fact@msdeadlines.com.

Making Music

Old Favorites & New Friends

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 warm up, 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.

Share & Discover

Stories, Ideas & Experiences



Camano Center Lending Library

All Weekdays

8:00-4:00pm

Location: Library

The Camano Center has a cozy lending library for everyone to enjoy. Our volunteer librarians keep the shelves organized and filled with donated hardback fiction and nonfiction, so there's always something new waiting for you.

Friendship Tea

1st Tue

10:30-11:30am

Location: Education Room

Join us for tea, treats, and a nice visit with friends, both old and new.

Contact: Connie Johnson

(360) 652-7211

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

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. Join us, whether you have stories to share or just want to listen.

Get Active

Move with Confidence

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.

LIFT

Every Tue/Thu

7:00-8:00am

Location: Sundin Room

Pilates/Yoga Fusion

Every Tue/Thu

8:00-9:00am

Location: Room

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.

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.

(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

Seated Class Every Tue/Thu

11:15-12:15pm

Location: Sundin Room

(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



“SCOOBY SNACKS”

NOURISHING TIDBITS FOR THE BODY

Fall prevention is not just a handful of balance exercises, but also making constant small efforts that add strength, balance and mobility to our lives. Here are a list of some of my favorites:

IN THE MORNING:

- When waking do some stretching at the end of the bed or a chair
- Do some deep breathing and relaxing exercises to start the day.
- Drink a glass of water first thing in the morning.
- While brushing your teeth practice one foot balancing.

THROUGHOUT THE DAY:

- Park far away from the door of businesses when shopping to get extra walking/steps in.
- WALK, WALK, WALK any chance you get.
- Sit to Stand from a chair numerous times per day. 10 repetitions 3 times per day.
- Drink water each time you use the restroom.



WHILE WATCHING TV or while READING:

- Commit to getting up and exercising during each commercial or at each new chapter.
- While sitting in a chair practice Leg Extensions by bringing your leg to a strait position and taking it back to bent. 10 repetitions on each leg.
- Walk from one end of the house to the other.
- Using the kitchen counter to do push ups.
- Sit to Stands or small squats for an entire commercial or 30 seconds
- ALWAYS focus on good posture and relaxed breathing!

**Every active move you make versus sitting will have a big impact in the long run.
One of my favorite sayings is “Don’t do nothing” – Get up and move that body!**



September is Fall Prevention Month

Use this checklist to identify and remove hazards at home that increase the risks of falls.

Shoes

- ☐ Wear low-heeled, non-skid, supportive shoes that can be firmly fastened.

Floors

- ☐ Remove throw rugs and secure loose carpets.
- ☐ Keep walkways clear of clutter.
- ☐ Tape cords and wires next to the wall so you don't trip over them.

Steps and Stairways

- ☐ Fix loose handrails or have new ones installed on both sides of the stairs.
- ☐ Fix loose or uneven steps.
- ☐ Make sure stairways have good lighting.
- ☐ Place light switches at the top and bottom of the stairs.
- ☐ Keep stairs free of clutter.
- ☐ Paint the top edge of steps a contrasting color to make them easier to see.

Bathroom

- ☐ Place a nonskid rug in front of your tub or shower.
- ☐ Install wall bars inside the shower or tub, and next to the toilet.
- ☐ Use a shower chair and a handheld showerhead.
- ☐ Use a nonskid bathmat or adhesive strips in the tub or shower
- ☐ Install night lights.

Lighting

- ☐ Make sure stairways, halls and walkways are well lit.
- ☐ Put lamp and light switches where they are easy to reach.

Living room/bedroom/kitchen

- ☐ Use furniture that is easy get in and out of (knee height or higher).
- ☐ Rearrange the room to create clear walking spaces.
- ☐ Keep frequently used items within easy reach.
- ☐ Keep a phone and light/flashlight within reach on the bedside table.
- ☐ Install night lights in your bedroom.
- ☐ Keep the floor clear from bedding on all sides.



For more information about what YOU can do to prevent falls visit
doh.wa.gov/findingourbalance.



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 Mission

We support healthy aging, connection, and well-being for adults 55 and older.

Our Vision

A community where older adults are empowered to live their lives to their fullest potential.

Contact Us

606 Arrowhead Road
Camano Island, WA 98282

(360) 387-0222