

CAMANO CONNECTIONS

October 2026
camanocenter.org



Spaghetti Dinner Fundraiser

Good food and great company! Our September 10th Spaghetti Dinner celebrated National Senior Center Month and raised an incredible \$6,754. Thank you to everyone who made it a success!



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

Cynthia Lahti | Secretary

Jeff Highland | Ex-officio

Stephanie Davis

Kelly Kraus

Darlene Miller

Michal Scott

Jill Vail

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!

camanocenter.org/venue-rentals/

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

Camano Senior Services Association (CSSA) & 2nd Chance Thrift Shop

Weather & Emergency Closure Procedure

Purpose

The purpose of this policy is to ensure the safety of members, customers, volunteers, and staff during severe weather or emergency conditions, while providing consistent and timely communication regarding program delays, closures, or cancellations.

Closure Decision Authority

The Executive Director has the authority to determine closures, delayed openings, early closures, or program cancellations.

School District Closures (Road Conditions)

- When the local school district closes schools due to road conditions, CSSA & 2nd Chance Thrift will also close for the day.
- This applies primarily to snow, ice, flooding, or other conditions that make road travel unsafe or parking lots dangerous.
- School closures due to holidays or school specific issues will NOT affect CSSA.
- All staff and members are encouraged to sign up for Stanwood-Camano School District text alerts at www.stanwood.wednet.edu
- 2-hour delays will only serve as a warning to the Center that the roads may be dangerous. We will not have a 2-hour delay.

Independent Closure Decisions

CSSA may close, delay opening, or cancel specific programs **regardless of school district status** when conditions pose a safety risk, including but not limited to:

- High winds or wind advisories
- Snow or ice accumulation occurring after school decisions are made
- Poor air quality
- Facility safety concerns
- Local or regional emergency advisories
- Center will be open during regular hours during power outages for as long as solar battery system allows
- **Thrift Shop will be closed during power outages.**

Program-Specific Considerations

Certain programs may be canceled even if the facility remains open, particularly those that:

- Require physical exertion
- Involve transportation services
- Serve medically fragile or cognitively impaired participants
- Occur during early morning or evening hours

Individual Judgment

Members, participants, volunteers, and staff are encouraged to use their own judgment regarding travel during adverse conditions. Choosing to stay home due to personal safety concerns will be respected.



Executive Director Report for Board of Directors September 2026



Upcoming Events/Happenings:

9/12	Camano 101	10/28	Halloween Lunch
9/26	Auction	11/3	Planning for What's Next

Past 30 Days:

- The Spaghetti Fundraiser was very well attended and brought in \$6,754. All time high! The staff did a great job while I was on vacation. We plan to do it again next year, and possibly 2 per year since it is a low maintenance event.
- Camano 101 was a well-attended event for the community once again. The group will be doing this event every 18 months so the next one will be in the spring of 2028.
- ISR's new Executive Director- Alex Seymour and Kathryn Turber-Smith the new Community Services Director came out to spend some time with me. The group is really wanting to be collaborative with us which is amazing. They have quite a few new staff members in their organization, and they are still hoping to find a board member that can represent Camano.
- The new automatic ADA bathroom doors have been installed thanks to a grant from the Floyd and Delores Jones foundation held at SCAF. This is such a great addition to our building to help our members with the heavy doors and not need to prop them open any longer which is not very private.
- North Sound ACH grant has been awarded to help with Food Insecurity in our community. Half of the money was sent to Island Senior Resources as we applied as partners. I will be attending required seminars and doing reporting as required, with assistance from ISR.
- The Wellness Committee has finalized the "Planning for What's Next" evening to target the 55-65 year old population. This will be an evening of mingling, cocktails, appetizers and 3 separate speakers to address common issues among this age group. This will be the first of a series of sessions that we will hopefully be informed by guests as to what they want to hear more of. We hope this will also bring more awareness to the population that feel we have nothing for them!
- The Board President of the Wenatchee Senior Center reached out to discuss multiple items they are grappling with on their board. The Executive Director has expressed wanting to meet and network. October will hopefully be less busy so I can facilitate that.
- Tai Chi ended up not being a viable practice for Andrew Curry. We may try in the future.
- We have a new volunteer that has taught Qigong for 30 years and lives right around the corner. I will be meeting with her this week to discuss her teaching classes here and possibly helping Traci with some of her seated classes.
- A new session of Powerful Tools for Caregivers will begin October 15 and run through November 19.
- We still have some openings in our Camano Friends Club on Tuesday and Thursdays.
- We will be starting a Memory Café in the new year which will run every 2nd Wednesday of the month. This is a chance for caregivers to come with their loved one that has memory loss to be with others to enjoy food, music and games together.

- Karen Conway has been working for the past year with others to find a replacement for the Aging Mastery Program that was so popular and beneficial. The pilot product which is called “Live Well, Age Well” will start October 21st with 2 sessions. This will be a pilot to get feedback from participants. If you took AMP in the past, we would love your input by attending the 2 sessions.
- In the new year, Traci will be transitioning her Camano Fit classes to be 2 days per week for all participants. Fridays will be dropped to give her body 3 full days of recovery. Rates for the classes will move to \$35 for all classes per month which will be a \$5 decrease for the M-W-F classes and a \$5 increase for the T-Th classes.
- I attended a 5-hour work session in Kirkland put on by the WA Department of Commerce to define energy resilience. This consisted of organizations that are in the process of applying for the next round of grants, and us, who already have the micro-grid system. This was very informative for me and will help tremendously as the community disaster preparedness continues.
- Several board members attended the SCAF: “Leadership conversation around choosing to develop a healthy community that is on mission together” which was very informative. We will be bringing some of the learnings to this group in future meetings.
- Lisa, Nicole and I have been meeting to discuss the “Sense of Community Survey” that was put out this late spring by Lisa. We are focusing on the areas that we feel we can improve. Overall, we rank VERY high on surveys in regards to our volunteer program.
- The CARES community worker job has been posted by CIFR. Karen and I will be involved in the interviewing process as we will be close partners with them moving forward and listed on several grants.
- **Rentals this past month:** Medicare 101 (2 sessions), Yoga, Wedding, Celebration of Life
- **Non-profit meeting space:** FHHA Board meeting, CAA meeting, Chamber Meeting, Camano 101, Blood Drive
- **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, Wenatchee Senior Center

Current Grants Applied for:

Grants	Amount & 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 September \$13.50
- Average Daily gross in sales per day for September \$ 3,215.

Thank you for helping make our
20th Gala a ROARING Success!

There's still time to make an impact!

You can still support our annual
Fund-A-Mission with a donation at
camanocenter.org/donate

Here's to the next 20 years of caring for our community, together.

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

 **Acca**
Funeral Home & Crematory

LENZ
ENTERPRISES

 **Gilbertson**
FUNERAL HOME AND CREMATION SERVICE
27001 8th Ave. NW • PO Box 1509 • Stanwood, WA 98291-1509

 **TULAMP**
RESORT CASINO

 **SLM** Financial
Services
360-516-2266



COASTAL
COMMUNITY BANK®

WITH GRATITUDE

Recognizing gifts made between 8.11.26 and 9.10.26

APPRECIATION:

Round Up Donors – 2nd Chance Thrift Shop
Susan and Kenneth Everett – Camano Friends Club
Patricia Holmes – Camano Friends Club
Glen and Kari Lightner – Camano Friends Club
Laurie Michaels-Lee – Camano Fit & Steady

GALA AUCTION:

Larry and Maria Carlstrom
Paul and Juliana Foster
Mark and Kelly Kraus
Tim Cuchna and Cynthia Lahti
Brad and Lynnette Roberson
Randy and Melanie Serroels
Judith Shoudy
Jill and Jeff Vail
Dale and Lynda Wagner

GENERAL:

Hiram and Patricia Bronson
Andy and Patti Carr
Dwain Colby
Gerald and Susan Hunt
Jill Johnstone
Mark and Kelly Kraus

GENERAL:

Nannette Maxwell
Betsy Shields
Phil and Candy Trautman
RECURRING:
Juliane Abbott
Sandra Clemetson
Bonnie & Jeff Eckley
Robin and Glen Elder
Marilyn and Walter Grosjean
Cindy & Scott Hand
Connie and Nick Johnson

Jill Johnstone
Anonymous Donor
Jeff and Bonney Lemkin
Lori Messmer
Fred Monte
John and Karen Selle
Tim and Kirsten Spencer
James and Karen Walden

RESTRICTED:

Judith Shoudy - Camano Friends Club

Thank You Spaghetti Dinner Donors!

Lynn & Phyllis Andrew
Anonymous Donors
Jon & Ardith Arnold
Ann Barbas
Dennis & Joan Blazina
Lucinda Brezak
Karen Bueschke
Mary Burns
Sandra Clemetson
Roger & Opal Cocke
Clay & Susan Thompson
Stewart & Karen Conway
Kathy Cunningham
Matthew Olson & Stephanie Davis

Thomas & Dianne Easley
Kristy Ewell
Larry and Aurore Fickeisen
Pat Foss
Barbara Fuller
Sandra Garson
Lois Giles
Robert & Karole Gorman
Marilyn & Walter Grosjean
Stephen & Marie Heil
Pat Hooey
Denise Karstetter
Norma Knopp

Dave & Margaret La Pore
Glen & Kari Lightner
Karen Lindsay
Greg Fischer & Irene Rausch
Jim & Randi Reeder
Michal & Jo Ann Scott
John & Karen Selle
Traci Smith
Ruth Sprague
Jill & Jeff Vail
Charlotte Walker
Anne Williams
Jessica Wolf

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.

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

Contact the Camano Center (360) 387-0222 to schedule a time to stop by for a visit.



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.

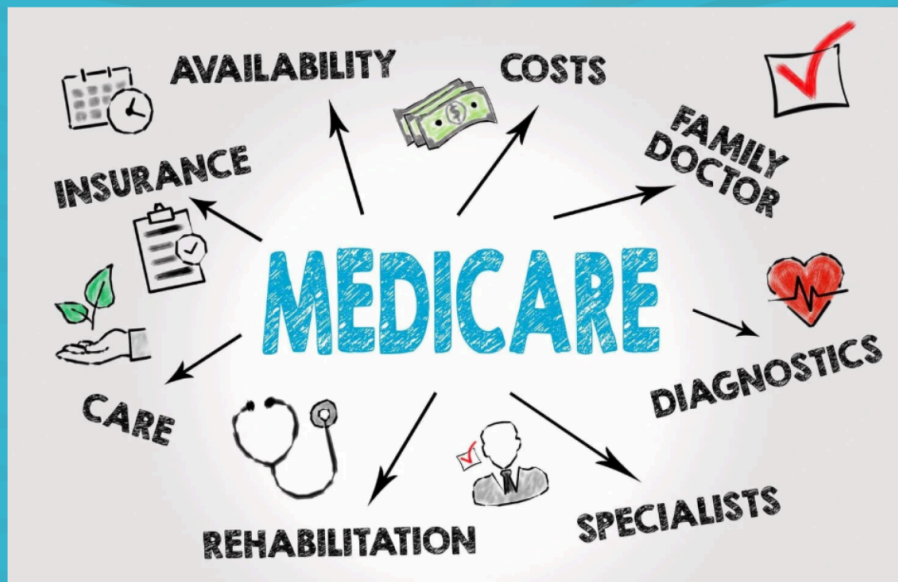
For more information call (360) 387-0222

2026 Medicare Open Enrollment Period

October 15–December 7, 2026

Open Enrollment is for people already enrolled in Medicare.

It is not for people who are new to Medicare.



**SCHEDULE AN APPOINTMENT
BEGINNING OCTOBER 1**



Serving Medicare Clients of Snohomish and Skagit Counties as well as Camano Island at the following locations:

- **Edmonds Waterfront Center**
Oct 21, Nov 3, Dec 7
- **Sedro-Woolley Senior Center**
Oct 30
- **Camano Center - Nov 16**
- **Monroe Community Senior Center**
Oct 22
- **Mill Creek Library - Nov 4**
- **Snohomish Library - Nov 19**
- **Anacortes Senior Center**
Oct 23, Nov 18, Dec 3
- **Mill Creek Senior Center - Nov 6**
- **Burlington Senior Center - Nov 20**
- **Stilly Valley Center - Oct 28**
- **Marysville Rec Center - Nov 9**
- **Lincoln Hill Retirement - Nov 23**
- **Rosehill Center - Oct 29**
- **Carl Gipson Center - Nov 12**
- **Maple Hall - Dec 1**
- **Verdant Health Dec 2**
- **Lake Ballinger Center - Nov 14**
- **Virtual Zoom Appointment**
Various dates

WHY CHOOSE SHIBA?

- We are a free, confidential and impartial counseling resource sponsored by the Washington State Office of the Insurance Commissioner.
- Volunteer advisors will help you understand your rights and options and offer up-to-date information so that you can make an informed decision concerning your health insurance needs.

**SCHEDULE AN
APPOINTMENT**



Message Line
(425) 290-1276



Email
shibasnohomish@gmail.com

LIVE WELL, AGE WELL

Help Us Shape the Next Chapter in Healthy Aging Education



CamanoCenter
Get connected.

WE'RE LOOKING FOR

15 PARTICIPANTS

A mix of former Aging Mastery Program participants and people who are completely new to the program.

Explore two healthy aging topics and help shape the statewide program by sharing your feedback.

Class 1: LIVING WELL STARTS TODAY

Explore how **mindset, perspective, gratitude, and intentional choices about how we spend our time** can help us approach aging with greater purpose and focus on what matters most.

Class 2: STRONG BODIES

Discover practical ways to **move, fuel, hydrate, and protect your body** to maintain independence so you can keep doing what matters to you.

The Camano Center is one of five Washington pilot sites developing Live Well, Age Well, a new healthy aging program for adults 55+.

WEDNESDAYS, OCTOBER 21 & 28 | 1:00–2:30 P.M. | CAMANO CENTER

Participants should plan to attend both sessions. Call 360-387-0222 to register

2026 Program Schedule

GRIEF TO GRATITUDE STORIED PASTS



"THE BRIGHTEST STAR IN THE NIGHT SKY
REMINDS ME OF THE ONE I LOVED & LOST"
Danny Koffman

**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, Nov. 16th

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 Julianne 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.**



Julianne Abbott & Bonnie Eckley

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

Senior Serve

Stanwood-Camano Food Bank



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.

**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.**

October Lunch Entree

2	Fri	Beef Vegetable Soup
5	Mon	Bacon & Swiss Cheese Strata
7	Wed	Penne Bolognese w/Beef & Pork
9	Fri	NO COMMUNITY LUNCH TODAY
12	Mon	Kielbasa Sausage
14	Wed	Chicken Tikka Masala
16	Fri	Sausage Minestrone Soup
19	Mon	Biscuits and Sausage Gravy
21	Wed	Shepherd's Pie w/Beef
23	Fri	Chicken Tortilla Soup
26	Mon	Herbed Pork Loin
28	Wed	Halloween Lunch: Pumpkin Lasagna
30	Fri	Curried Pumpkin Soup



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



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.



GET CONNECTED!

CAMANO CENTER MEMBERSHIP

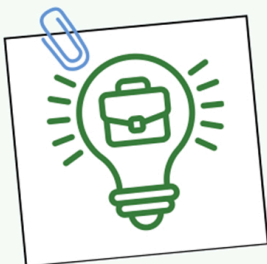


Stay social, active, and inspired! Make new friends, explore shared interests, take a class, enjoy a wide variety of activities (most are free for our Members!) or attend one of our events. There's something exciting happening every day, don't miss out!



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 [HERE](#) 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: Bob Haffner and Xiaoming Luo

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.](#)

[Box of Good](#)

[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 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](#)

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[Josh Kelley – Edward Jones](#)

[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](#)

[Selz Property Care](#)

[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](#)

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.

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
Get connected.

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: Betty Walsh
(714) 851-5250

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, play or listen to 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.

(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



IF YOU'VE BEEN SCAMMED
Speak Up. Act Fast.

**Scams are crimes.
There is no shame
asking for help.**

**Save messages, receipts and transaction details -
then report right away.**

1

**BANK OR PAYMENT
SERVICE**

Report it now. Ask if funds can be
stopped or recalled and accounts
secured.

2

LOCAL LAW ENFORCEMENT

File a police report to create an
official record of the crime.

3

FEDERAL AGENCIES

ReportFraud.ftc.gov.
For online scams: IC3.gov.

4

SUPPORT & GUIDANCE

AARP Fraud Watch Network:
877-908-3360

**WHY
REPORT?**



Creates a record



**Connects related
crimes**



**Helps protect
others**

REPORT ONLINE

ReportFraud.ftc.gov

FREE GUIDANCE

AARP: 877-908-3360

Source: AARP, "How and Where to Report Scams — and Why It's Crucial to Do So" (updated July 20, 2026).

Camano Center and Camano Sue's Art
— present the —

HOLIDAY
Craft & Gift
BAZAAR

Saturday, November 21
9 AM - 4 PM

606 Arrowhead Road | Camano Island | camanocenter.org
Vendor fees from this event help fund Camano Center services for adults 55+

Featuring
Over 50 Local Artists | Bake Sale | Ornaments
Candles and Soap | Hay Girl Coffee
Jewelry | Pottery | Metal Art
Original Handmade Gifts & More



CamanoCenter
Get connected.



CAMANO SUE'S ART

Artwork & Jewelry
artistsue@yahoo.com
camanosuesart.com

SHOP LOCAL





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