



THE CENTER NEWS

A Monthly Publication of Shipley Center - May 2019

National Senior Health & Fitness Day



Wednesday, May 29th, 2019

1:00pm – 4:00pm

921 E. Hammond St

OPEN TO THE PUBLIC

Join us for our first celebration of National Senior Health & Fitness Day.

There will be healthy snacks and demonstrations of different fitness activities. Explore Shipley Center while learning about Health & Fitness!



GROSS MOTOR

BINGO				
Skip	10 Second Plank	5 Karate Kicks	15 Toe Touches	5 Push Ups
5 Ping Pong Balls	10 Ski Jumps	10 High Knees	25 Jumping Jacks	10 Arm Circles
5 Tuck Jumps	10 Hops Left Foot	10 Giant Steps	10 Step Ups	20 Heel Raises
10 Wall Jumps	Walk on tip toes	Crab Walk	Run Fast 20 seconds	Your Choice!
10 Wall Jumps	Wheelbarrow Walk	10 Hops Right Foot	Walk on your heels	10 Star Jumps

You are welcome to arrive anytime during the afternoon.

We hope to see you there!

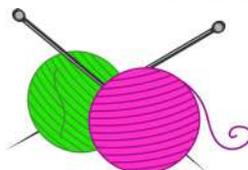
Thank you to our Sponsor:



May is Older Americans Month!

See Pg.5

COMING SOON



Art Walk

Sequim Art Walk is coming to Shipley Center!

Friday, June 7th, 2019

5:00pm - 8:00pm



Anyone interested in providing a demo of their art, or displaying art to sell or donate please contact Shamyia Waters for more information at 360-683-6806.



Spring is Here!!

Thinking of selling your home?
Whether buying or selling, we offer complete
Real Estate services.
Call for a **FREE** market analysis and home evaluation.



Craig & Darel Tenhoff
Seniors Real Estate Specialists
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Office: 360-683-2611
tenhoff@olympen.com

LEGACY GIVING

IT'S MORE THAN AN ACT OF GENEROSITY
IT IS AN IMPORTANT INVESTMENT IN THE
FUTURE OF OUR CENTER. TO BE PART OF THIS
FINE TRADITION, ASK YOUR ATTORNEY TO ADD
THIS, OR OTHER SUITABLE LANGUAGE, TO
YOUR WILL:

**"I give, devise, and bequeath to Sequim
Senior Services, Tax ID number 91-1355592,
921 E Hammond St, Sequim, WA 98382,
(insert: dollar amount, percentage of estate,
description of real estate or other property,
nature of gift, or remainder of my estate)."**

**Contact: Executive Director, Michael Smith,
to discuss legacy giving.**



JUST A NOTE

The Diabetes Support Group is
cancelled for May. The next meeting
will be June 4.

Fiber Arts Stitchery Group

Meeting at 1:00pm on
Fridays in the crafting
area. Bring your projects in
cross stitch, needlepoint,
embroidery, etc.



Find the Hidden Object

Somewhere in this month's issue are some
May flowers. They could be hidden anywhere. ❁❁

Once you spot the object, email your name, phone
number and the location (page number) to
assistant@shipleyceneter.org. Or you can come into the
Office and fill out a form and turn it in by the 15th of
each month. A winner will be drawn from all correct
answers. You can win \$4 off at The Café.

Each month, we will be hiding a different object or
animal. **Good Luck!**



Sequim Accordion Social

SUNDAY, May 19, 2019

1:00 PM to 4:00 PM

At Shipley Center

All accordionists are invited to bring their instrument
and play a selection or two. Accordion lovers and
dancers are also welcomed.

A suggested donation of \$2-\$3 per person is
requested to help with room rental.

Our Featured Players
Jeannie & Steve Berg
from the Yelm WA

SHIPLEY CENTER
TRIPS & TOURS
 360-683-5883
trips@shipleycenter.org



Wolf Haven International
Friday, May 31



It's been a few years since we made the trip to Tenino to see the wolves. Wolf Haven rescues and provides sanctuary for displaced, captive-born wolves. They also offer educational programs about wolves and the value of all wildlife, and work to protect our remaining wild wolves and their habitat.

When visiting the sanctuary, please mute your phone or leave it on the bus. Snacks should also be left on the bus. Cameras are allowed, but not tripods. After our tour, you can follow a walking trail through beautiful native Mima Mound prairie to The Grandfather Tree. Enjoy native flowers, birds, butterflies along the way.

Our bus will depart that morning at 8:00 from Shipleycenter. We should arrive around 10:30. Our tour will begin at 11:30. Please wear comfortable shoes, as we could be walking on uneven ground at times.

After exploring the Haven, we will stop at the gift shop and then continue on to a local eatery for lunch around 1:00. (on your own). **\$46 M/ \$53 NM** Call **360-683-5883** now to reserve your spot! -Photos submitted by Brian Sullivan-

News & Notes

Beth Barrett, Trips & Tours Coordinator



Bring on the May flowers! We're done with the showers!

Boy, our trips have been pretty full these past few months! If there is something coming up that sounds interesting to you, make sure you call or send an email to the trips office so I can save you a spot right away. Sometimes they sell out fast. Please note: *if you try to contact me through **Facebook**, you will NOT be reserving.*

As far as BIG trips, there are a dozen Shipleycenter members traveling with *Collette* this month to **Eastern Canada**. In October, we have a group going to **Portugal** . . . and next March, several adventurous travelers will be spending time in **Egypt!** Exciting stuff!

On Friday, May 24, please come to the **Shipleycenter** to find out about our trip to New Orleans! The presentation will be held at **2:30** in the front room. **Afrodite** from **Premier World Discovery** will tell you all about this awesome tour, scheduled for **November 3rd of this year!** Please call me to reserve a seat!

You can still go with us to **Heronswood** or to **Wolfhaven**. And don't forget, for **\$8.50** the **Shipleycenter Café** will prepare a box lunch for you! It includes a sandwich, chips, a cookie, and fruit. Just ask me!

The June garden trip: **Bloedel Reserve** on Bainbridge Island. Lovely time to see the blooms.

I am planning a trip to **Teatro Zinzanni** in Woodinville. This is scheduled for the **end of July or the first of August** but I wanted to let you know that it's coming up. We went a few years ago. Including dinner and a show, it was great fun! There are still some openings for **Mamma Mia** at the Tacoma Musical Playhouse in July.

Clearwater Casino! May 20, The **Fun Bus** will go on the 3rd Monday this month . . . mark your calendars!

Victoria Holiday . . . There are 8 seats left for this popular annual Victoria Holiday trip, Dec 10, 11, and 12; don't miss out!

See you on the Shipleycenter Bus!

Beth

WHEEEEE!

Away we go with the *Sequim Wheelers*!

Margaret Cox, Virginia Parker and Margot Hewitt each had a chance to ride an adaptive bicycle sponsored by the *Sequim Wheelers*.

This is a group of enthusiastic men and women who provide FREE 45-60 minute wheelchair bike rides on the Olympic Discovery Trail. The rides are for anyone who no longer can ride a bike on their own.

"Most of us who rode at Shipley Center hadn't been on a bike ride in years . . . and what an exhilarating feeling it was to ride outdoors, breathe in the fresh air and feel the wind on your face!" commented Margaret. Check it out online at sequimwheelers.com or call Paul at 206-817-5634.



Community Announcements

WOW! WORKING ON WELLNESS

Wednesday
May 8, 2019
2:30pm – 3:30pm

TRINITY UNITED METHODIST CHURCH
100 South Blake Street in Sequim

“What’s New in Mental Health and Wellness”

Speaker: Dr. Joshua Jones,
CPO/Olympic Medical Physicians

Memory Care at Mariner Café

2nd Tuesday of each month
1:30-3:00pm

Sponsored by Discovery Memory Care, Memory Café is a unique opportunity for people living with memory loss, their care partners, family, and friends to enjoy companionship, activities, and good food in a relaxed environment.

For more information contact Pam Scott
360-683-7047
email pscott@discovery-mc.com

HUGE kudos go out to our most generous sponsor, **First Federal**, who donated a well-situated corner booth to Shipley Center at the recent Sequim NPBA Building Expo!

We met many interested people who wanted to know more about what we do for the community. In the photo, Judy Lange, board member, proudly gets ready to greet the next Expo-goer. She is ready to tell about our Health & Wellness Annex, featured on the easels. We also had a video going about our Center, with subtitles, on the laptop. (Margaret Cox, Board President can be seen on the little screen.)

Various board members and staff members volunteered at the booth over the two days.

We had a drawing and gave away 8 free memberships to Shipley Center and several \$10 gift cards to our fabulous Café at Shipley Center.

Thanks again, First Federal!





Michael's Message

BY MICHAEL SMITH, EXECUTIVE DIRECTOR

May is Older Americans Month!

Dear Shipley Center Members and Friends,

You are what we are here for! *You* are why Shipley Center exists! We aim to be with you on a journey to help you expand your circle of *Friendships*, explore more *Recreational* pursuits, and experience more *Educational* opportunities every month.

This month is special because it is **Older Americans Month**. We have a schedule that is jam packed with things to do and places to go. We hope you are willing and able to get out of the house and join the fun.



CONNECT, CREATE, CONTRIBUTE MAY 2019



The theme this year for this national celebration is **Connect, Create, Contribute**, and we have lots of ways to help you do all three! The Administration for Community Living, which is part of the US Department of Health and Human Services, says that *“Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks and lives. Everyone benefits when everyone*

can participate. We encourage you to connect, create, and contribute for stronger and more diverse communities this May, and throughout the year.”

Ways we can connect include joining a senior center and participating in the social activities and programs offered. You can also plan a game night with friends at one of your homes, or get together for crafting or to watch a special TV show, sporting event, or movie. You could make a lunch date with friends at The Café at Shipley Center, too!

Show off your creative side by joining an art class or painting group here at the Center. You can also explore Fiber Arts and learn new stitches and techniques to make unique and useful items for yourself, friends, family, or to donate to our little Craft Store to sell to benefit your Center!



THROUGH ACTIVITIES THAT PROMOTE HEALTH AND PERSONAL ENRICHMENT.

You are also encouraged to attend when we join the Sequim Art Walk on June 7, from 5pm to 8pm. You can come just to look, or if you have artwork to display, sell, or donate, contact Shamyia, our Program Director. Other ways to be creative are to take a class to learn something new on the computer, or maybe learn how to tap dance or hula! You can also create for yourself a fitness plan that includes regular exercise at home—

or better yet—here at Shipley Center. Be sure to attend our **National Fitness Day** celebration on **May 29th!**

And last, but not least, find new creative ways to contribute! The experiences of a lifetime and talents and skills we have gained along the way are in our brains—let's share them! Our fantastic volunteer activity leaders are sharing what they know and what they know how to do with us.



We are always grateful when we see our activity leaders come through the doors to share more with us each week. Can't think of a class or activity to lead? Maybe you'd like to help with fundraisers for the Center, or serve on a committee or on the board of directors?

The Older Americans Month resources also suggest joining a community organization or attend planning meetings in your City to make your voice heard on issues you care about. And finally, you can contribute to the younger generations by sharing your stories of history and culture as you have experienced them..

Thanks for all the ways *you* contribute to Shipley Center! Have a great Older Americans Month!

Michael

BALLROOM DANCE CLASSES

Wednesday
5:00pm - 9:00pm

One-hour basic instruction followed by choreographed ballroom* dancing.



Dance steps will be called by the Instructor/Cuer Janolyn Keller.

\$2 for members; \$4 for non-members

For more information, call 360-681-7300

*Also known as Round Dancing.



FDF

What is FDF?

Five Dollar Friday

How about a meal for 5 dollars?

On Fridays, in the dance hall, from 12:00p to 1pm, the café will serve up a take-out meal complete with dessert and drink for \$5. Yep, right in the middle of all the activities of the day, take a break and grab a meal. Tables will be set up in the dance hall if you want to eat your take-out on site.

WATERCOLOR PAINTING BY DESIGN

Amp up your art! Learn new techniques!
Learn some art theory basics!
May 4th- June 15th Saturdays
11am-2pm

2 sessions, \$80 per 4-week session
Advanced Class (this is not a Shipley Center activity so there will be fees for the students and the instructor)



Contact: Myrna Martin at:
thebusypaintbrush@yahoo.com

Please put ART in the subject box, so I don't lose you.

For more information please call:
360- 463-3664

Raise money for Shipley Center

when you shop online!



Start iGiving in 3 easy steps:

1. Join iGive.com for FREE at www.iGive.com/ShIPLEYCenter.
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3. Up to 20% of each and every purchase benefits your cause, and donation rates vary by store. Donation rates are clearly listed within the iGive Mall. When you shop, every penny of the advertised donation goes directly to your cause. No administrative costs, fees, no mark-ups. We promise, you'll never pay more to shop through iGive.

Shipley Center receives a check for up to 20% of each purchase! It's free, it's easy, and every purchase you make generates a donation!



BULLETIN BOARD for SHIPLEY CENTER'S PROGRAMS and ACTIVITIES!



FREE Advance Care Planning

Of all the conversations you choose to have with loved ones, how you want to spend your last days is probably not at the top of the list. *But it's an important one!*

What if a sudden illness or injury left you unable to make your own medical decisions? Who will make decisions on your behalf? Please consider attending one of our free informational group sessions to start your advance care planning process. Please join us on:

Date: Tuesday, May 7, 2019

Time: 1:30 pm-2:30 pm

Location: Shipley Center Art Room

****Please bring a person close to you that could be your Health Care Agent (someone who can make choices for you)****

For Questions, please contact Sandra Ulf

(360) 565-9293 / ACP@olympicmedical.org

What is MGM?

Together, our **Members Giving Monthly** donors provide over \$750 a month, or over \$9,000 per year, in much needed General Fund support!!!

These donations go towards our operating costs, which helps us keep dues and activity fees low.

You can join MGM with just \$10 or more per month! For more information about MGM please call Michael Smith at 360-683-6806.

Thank you MGM donors!!!

Pilates Class



Led by Veronica Baca
Monday & Thursday
9am-10am
Friday 12:30p-1:00p



Improve your posture, strengthen and tone your body from head to toe. Using Pilates principals and a DVD, we will do 10 minute segments focusing on core, upper body, lower body, total body, and long and limber stretching.

Tuesday Luncheon

Due to popular demand, The Luncheon will now be held the 1st **AND** 3rd Tuesday of each month at 12:00p and will be provided by the Shipley Café and the day's sponsor.

Sign-ups are required in the front office by the Monday noon before the luncheon.

\$5 for members

\$7 for non-members/walk-ins

May 7 - Meatloaf
- Mashed Potatoes/Gravy

May 21- Chicken Alfredo
- Ziti Pasta

**Passing on a great big
THANK YOU!**

To

Sherwood

&

Sinclair Place

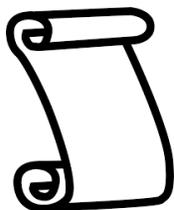
**for sponsoring our Tuesday
Luncheons.**

SHIPLEY CENTER BOARD NOTES

Next Board Meeting
May 14 at 2:00pm

April 16, 2019

- Joan Hull, an experienced nonprofit fundraiser, was appointed to the board, bringing the board total to 11 members.
- A generous gift of equipment and a check for \$2,386 was received from a local computer club that is disbanding and decided to make a gift to Shipley Center.
- A presentation on how to improve the Café's disappointing financial results was given by Debbie Thomas, consultant. Rental of the kitchen nights and weekends to a chocolatier, as well as increasing outside catering jobs should help the situation some. A menu change was proposed.
- A new Civil Engineer is working to put the final touches on the drawings for the new *Health & Wellness Annex*. All else is ready to go. Application to the City for design review and permits is expected in the next few weeks.
- A panelized wall system has been proposed for the *Health & Wellness Annex* that will reduce the cost and time of framing and erecting the building.
- Our web site, www.shipleycenter.org is now handicapped accessible! With the pink button on the right, you can enlarge the font and cursor, increase contrast, and even have the page text read aloud to you! This also works on the mobile version of the page.
- The three pressure tanks for the water system at *Baywood Village* have been replaced, improving water pressure throughout the park. A thank you note from a grateful resident for Deb Hudson's good work managing *Baywood* was read aloud to the board.



Please see full minutes for details and for information on other items discussed.

Full minutes are posted at:

www.shipleycenter.org

under the "Documents" tab.

Minutes are also posted in the office.

Shipley Center Board Meetings



Board meetings will usually be held the 2nd Tuesday of every month at 2pm. They are open to members and the public.



Spring High Tea Luncheon



**Thank you to our sponsors!
Assured Hospice Sinclair Place
Dungeness Courte Memory Care**



May - Ongoing Weekly Activities

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00a	Balance Exercise Pilates Class	Tai Chi Beg	Balance Exercise Bridge Class Mah Jongg Class WOW Watercolor	Pilates Class	Balance Exercise
9:30a	Aging for Beginners Watercolor	Cribbage		Watercolor	
10:00a	Knit & Crochet	Fiber Arts SHIBA Tai Chi Adv		Pan	Basic Meditation
10:30a				Tap Dance	
11:00a	Seniorcise		Seniorcise	Stretch Yoga	Seniorcise Singing Bowls
12:00p			Beg Tap Dance	Bingo	Five Dollar Friday
12:30p	Chair Yoga		Tap Dance		Pilates
1:00p	Computer Clinic Fun Poker Ukulele		Bridge Language-Italian Mah Jongg	Beg Watercolor Scrabble Stretch Yoga	Fiber Arts Fun Poker Ping Pong Stitchery
1:30p		Ping Pong			
2:00p	Yoga				
2:30p			Language-Spanish		Sing-a-long
5:00p			Dance		

May - Non-Weekly and Special Events						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 230p Sing-a-long Discovery Memory Care	4 900a Quilters 1100a Watercolor
5	6	7 1000a Diabetes Support (Cancel for May) 1030a Essential Oils Natural Plant Based Living 1200p Luncheon 130p Advance Care Planning	8	9	10 230p Sing-a-long Avamere	11 900a Quilters 930a Old Time Fiddlers 1100a Watercolor 630p Bridge
12	13 100p Legal Clinic	14 200p Board Meeting	15	16	17 230p Sing-a-long Sherwood	18 1100a Watercolor
19 100p Accordion Social	20	21 1200p Luncheon 300p <i>Jeopardy!</i> (Cancel until Sep)	22	23	24 230p Sing-a-long Sequim Health & Rehab	25 900a Quilters 1100a Watercolor 630p Bridge
26	27 	28 100p Essential Oils Natural Plant Based Living	29 Fitness Day!	30	31	

MAY BIRTHDAYS

1 Mary Corcoran	Enza McCormick	Carl Larsen	Susan White
Tom Fenner	Steven P Sahnou	Allen Roehl	28 R E Atteberry
Mary LoneBear	10 Jeff Albarado	19 Susan Black	Deb Currier
Kim McBride	William Hegarty	John Lewis	Alice Faye Gelbar
Ina Palmer	Eliza Main	Carol Pope	James Goldberg
Sharon Tobin	Joan Mccarthy	Al Popowski	Edwin Lopez-Nazario
2 Shamyia Marchbanks	Juanita Sue Wells	Patricia Touchie	Theresa Nasmith
Richard Wolf	11 Dianne Inlay	Donald Wright	Jaydee Price
3 Judith Field	Donald Johnson	20 Beth McGuffin	Robert Ritchie
James Flint	Susan Kowitz	20 Gladys Snyder	Charles Schroeder
Celia Fritz	Betty Marshall	21 Barbara Becker	29 Robert Garner
Linda Lowenstein	12 Mary Anne Johnston	John Dundas	Berit Guerin
4 Deborah Alban	Elaine Lorentzen	Renwick Garypie	Eileen Larsen
Susi Beattie	Jeanne Wolverton	Sue Haus	Keith Ornduff
Jeanette Donelson	13 Susan Burkhardt	22 Patricia Allen	Elaine Peaslee
Alyce Hansen	14 Sharon Irish	Sara Johnson	Patricia Rausch
Alice Mccracken	14 Gwen MacRae	Doug Oakes	Louise Ridling
David Scully	14 Joan Schmalenbach	Delora Sallee	Carolyn Triebenbach
5 Phil Dominiak	15 Barbara Brenner	Elizabeth Versteeg	Marian Warning
A. Star Pavish	Sue Cram	23 Paris Anne Heart	Ronald Wells
James Peck	Patricia Dusel	Mahina Lazzaro	Deborah Young
6 Regina Bacon	Scott Fager	Joy Sweet	30 Vi Cook
Nancy Baer	Linda Fukunaga	24 Verna L. Fairbanks	Kathleen Dunaway
John Cook	Jill Osborn	Darlene Lemon	Joseph Flint
Ron Goodwin	Victor Reventlow	Vicki Shaw	Julie Prafke
Andy Mesches	Michelle Rhodes	Barbara Spoerri	Jane Radich
Merrily Mount	16 Patricia Mahoney	25 Billie Pardee	Nancy Schneider
7 Cheryl Brown	Carleton Palmer III	Helen Rice	Phoebe Wald
Captain Jeffrey Hartman	Hans Philipps	Marina Tulley	John Wilson
Sharon Scairpon	Lucile Thornton	26 Claire Cornell	31 Angelina Dafoe
Barbara Wieseman	17 Carole Hart	Kathleen Fisher	Russ Fish
8 Barbara Filigno	Margaret Mitchell	Art Giumini	Toni Opegard
Billie Fonville	18 Robert Anundson	Kristen Springer	Don Skidmore
9 Rose-Marie Ballard	Pam Bennett	27 Charles Giefer	Curtis Thornton
Sue Clary	Harold Bollinger	Sue Lohler	
Ilonka Mackenzie	Judith Coleman	Cynthia Peters	



THE SENIOR REPORT

FEATURING NEWS ABOUT SHIPLEY CENTER ACTIVITIES

DAILY AT 10:30AM, 2:30PM & 7:30PM

LISTEN VIA THE INTERNET @ WWW.KSQMFM.COM

THANK YOU TO OUR DONORS

Members Giving Monthly

Bill & Rena Blank	Deborah Hudson	Mary Porter-Solberg
Pat Bohn	Mary Huston	Mary Ellen Reed
Lillian Chapman	Judith Lange	Jack E Smith
Margaret Cox	Richard Larson	Michael & Elizabeth Smith
Roberta Dahm	Peter Macrae	Calvin & Virginia Smith
April DeVoss	Patricia MacRobbie	Robbie Varney
Charlotte L. Frazier	Laurine McGrew	Leland White
G Thomas Heien	Richard Michels	
Margot Hewitt	Gil Oldenkamp	

**OUR THOUGHTS AND PRAYERS GO OUT
TO THE FAMILIES OF OUR DECEASED
MEMBERS.**

**PLEASE TAKE A MOMENT TO REMEMBER
OUR MEMBERS WHO
RECENTLY
PASSED AWAY**

**DICK ABELL
BRUCE BECKER**



IN MEMORIAM

In memory of Balraj Sökkappa
by La Rue Robirts

General Fund

Janice Boyungs	Sheldon Mcguire
Albert Burge	Richard Michels
Albert Fisk	Pat Shook
Melinda Griffith	Strait Mac User Group
Annette Hanson	Suzi Ure
David Kilpatrick	Helen Whitney
Janet Lenfant	

WELCOME TO NEW MEMBERS

Deborah Alban	Nancy Froh	Madeline Rose
Mary Arstad	Donna Green	Debbie Seiler
Steve Arstad	Norris Hart	Olivia Shea
Regina Bacon	Rita Hart	Bettyjean Siekawitch
Rhonda Collette	Wayne Lessner	Ernest Smith
Cindy Crossman	Diane Marabello	Neva Smith
Jack Crossman	Frank Marabello	Virginia Thomas
Patricia Dusel	Karla Messerschmidt-Morgan	Andrea Trenka
Jane Felland	Kathy Mitchell	Michael Varon
Linda Fenner	Donna Olson	
Tom Fenner	Anne Pickens	

DRIVERS HONORED!

Our incredible volunteer bus drivers were honored recently with lunch at Black Bear Diner.



Our valued bus drivers surprised Trips Coordinator, Beth Barrett, with fresh flowers and a thank-you card for her efforts on making the bus trips fun and memorable experiences. Surrounding Beth are drivers, from left to right, Lou Foldoe, Mazelle Maness, Don Benbow and John Sebastian.



Don and Mozelle both received Shipley Center *Volunteer of the Quarter Awards* for their work in 2018 from Beth and Executive Director, Michael Smith.



Life...



...we remind them when they have forgotten!

Dungeness Courte
MEMORY CARE

Located in the heart of Sequim, Dungeness Courte Memory Care provides life assistance for those challenged by Alzheimer's disease, memory loss or other forms of dementia.

We accept Long Term Care Insurance and VA Benefits

360.582.9309

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Did you know?



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Come browse our craft store.

****All proceeds support Shipley Center!**



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855-588-9732




550 W Hendrickson Rd, Sequim
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www.sherwoodassistedliving.com

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- Locally Owned and Operated

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Assured Hospice

360.582.3796

Assured has been providing quality healthcare since 1978

 *It's all about helping people.*
LHCgroup.com

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The Joys of Cruisin'!

By Margaret Cox



Last month, I introduced you to Carol and Ivan Hoyt who took a month-long cruise aboard the Holland America ship, *Voldendam*. The voyage was San Diego, CA, to General San Martin, Peru, and return. Carol had written a travelogue she sent to friends, which I thought would be of interest to you, particularly those of you who haven't taken a cruise before. This is Part 2.

You remember the towel monkey from last month's article? Well, here's a photo of it, as well as one of towel animals decorating the pools area!



What does one DO all day on a cruise ship?

We attended various port talks, wildlife/flora and culture talks, space law topics (for Ivan), and several America's Test Kitchen cooking demonstrations (which I loved!), and some arts and crafts classes for me. (Confirmed that quillwork is not my thing; I'll stick to tatting earrings, thank you.)

Although there is a movie theater on the ship, showing a different movie every day, we mostly checked out DVD movies from the ship's collection and watched them in our cabin where we could relax and I could work on the cross-stitch project I brought with me. Neither the ship's movies nor the DVDs were very recent productions, however.



Our cabin; bed under the window behind

I should mention that we used the hot tub often and tried to get to the well-equipped gym every other day. (Ivan has a bit better record than I.) He used the treadmill for 30 minutes of interval training before using the weight machines. I only 'treadmilled' about 10 minutes, as I preferred using the machines. (I could walk around the ship any time.)

Because we had been told by Holland America there was no library on this ship (really?!?) Ivan and I bought each other a basic Kindle and loaded it with some titles to have "books" with us for 30 days. We got on the ship to discover a huge area with lots of books in the *Explorers Lounge* which is really a library! I'm on my 9th title now and Ivan has read about the same number. We really enjoyed feeling free to spend time reading without the guilt of feeling we should be doing something else "more constructive". Truly a luxury!

Side note: The Holland America company IS phasing out libraries on their ships mainly, they say, because of the proliferation of e-readers; and that it is too difficult—and expensive—to keep a small library current.

This cruise was so enjoyable and relaxing, a wonderful way to celebrate an anniversary. We were even "awarded" a bronze medallion in recognition of having cruised 100+ days with Holland America! They had quite a ceremony for the many guests who were considered "elite cruisers". We are at the low end of the range as there were folks honored with medallions for sailing with HAL 400, 500, 700, and 1000+ days! One lady was recognized for having sailed with HAL some 5,090 days! Whew! Guess she must practically live on their ships year round!



Port Terminal Building

Needless to say, we love life aboard ships! It is carefree, you can participate in as many or as few activities as you want, and you can learn many things both about the countries you visit and from listening to fascinating lectures on topics which maybe you had never thought about before. Oh! . . . *and*, of course, you can experience the people and cultures of the many places you sail to!

14th Annual Shipley Center Benefit Sale

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Closed July 18 and July 19 for
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Please do **NOT** leave
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We will take up the *Jeopardy!*
challenge again this September.



BUTTERFLY MAN!



What do an Arizona skipper, lilac-bordered copper, and golden hairstreak have in common? They are all North American butterflies!

How do I know? *Russ McClelland* told me so . . . as well as twenty to thirty other regular participants in the three-times-a-week Balance Exercise class.



As one of our exercise arm moves is “butterflies”, Russ has taken it upon himself to call out the name of a different butterfly each time. This induces smiles of delight on the faces of the exercisers! Sometimes he even shares visuals and models.

This amateur lepidopterist’s interest in butterflies began as an inner city Philadelphia boy taken to the outdoors and camping—and butterflies!—with the Scouts; and now Russ enjoys sharing his enthusiasm and knowledge with all of us. 

This is just one small way one person can bring moments of joy into others’ lives in a most unexpected way. (. . . and have you heard about the doggie-bark sound-effects Russ creates for our “stepping over a little/medium/big dog” routine?)



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THE CENTER NEWS is published monthly for the Shipley Center, a non-profit organization at 921 E. Hammond St, Sequim. Deadline for articles is the 10th of the month.

OUR MISSION

The mission of Shipley Center is to enrich the lives of adults through social, health and fitness activities, trips, educational classes, low-income housing opportunities, and referrals to community resources.

SHIPLEY CENTER HOURS

Monday - Friday 9:00am to 4:00pm

STAFF

<i>Executive Director</i>	<i>Michael M. Smith</i>
<i>Program Director</i>	<i>Shamya Waters</i>
<i>Office Manager</i>	<i>Deb Hudson</i>
<i>Trips Coordinator</i>	<i>Beth Barrett</i>
<i>Chef/Kitchen Mgr</i>	<i>Kurt Engel</i>
<i>Chef/Catering</i>	<i>Curtis Thomas</i>
<i>Maintenance</i>	<i>Duane Cobb</i>
<i>Admin Assistant</i>	<i>Dee Mead</i>
<i>Janitor</i>	<i>Phil Capogna</i>

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Transportation

Lou Foldoe

Computers

Ray Bentsen, Joe Mirabella, Jim Hurley, Bruce Turner
Sequim PC Users Group

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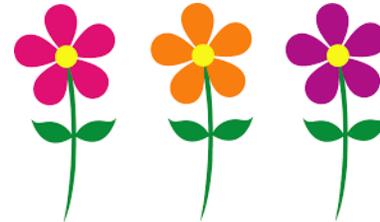
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All submissions are subject to editing

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The Center News Sneak Peek...	Don't Miss in May
Trips and Tours - - - - - p. 3	3,10,17,24,31 - <i>FDF (Five Dollar Friday)</i>
Community Announcements - - - - - p. 4	7th - <i>Advance Care Planning</i>
May is Older Americans Month!- - - - - p. 5	7th - <i>Essential Oils Class</i>
Programs & Activities - - - - - p. 7	7, 21 - <i>Tuesday Luncheon</i>
Board Notes - - - - - p. 8	19th - <i>Accordion Social</i>
Calendar - - - - - p. 10	27th - <i>CLOSED</i>
Special Events - - - - - p. 11	28th - <i>Essential Oils Class</i>
The Joys of Cruisin! - - - - - p. 15	29th - <i>Fitness Day!</i>

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