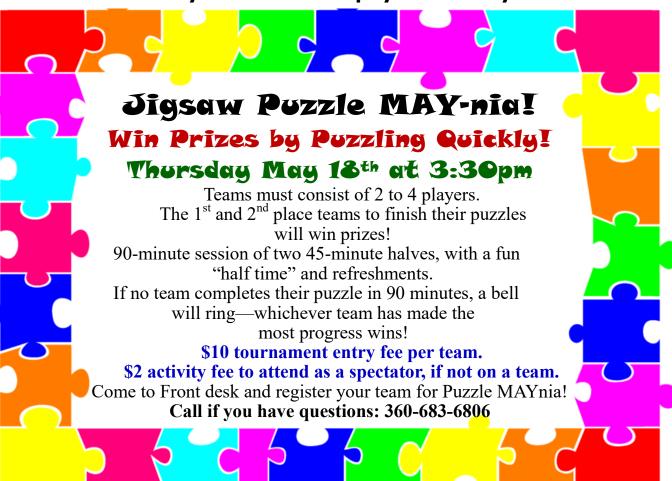


THE CENTER NEWS

A Monthly Publication of Shipley Center - May 2023





距 Elegant High Tea 🥌

Wed., June 7th at 2:30pm

Wear your best hat and join us for a high tea featuring tasty treats and wonderful entertainment.

English Scones with Clotted Cream and Jam

Assorted Tea Sandwiches

Sausage Pastries

Smoked Salmon Pinwheels

English Trille

Shortbread

Assorted English Desserts

and more!

Tickets on sale Monday, May 1st Members: \$22.00 Non-Members: \$24.00 Non-Refundable 360-683-6806



Thank You to our Sponsor **Dungeness Courte Memory Care**

TRIPS & TOURS

Debbie Patterson, Trips & Tours Coordinator

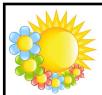


Shipley Center Trips: 360-683-5883

trips@shipleycenter.org







WELKOM MEI ZONNESCHIJN (or for those of us who don't speak Dutch) **Welcome May Sunshine!**



Hell's Canyon and Back: CANCELED: Unfortunately, due to difficulty with hotel and river excursion scheduling, this trip did not work out. We are putting all efforts into planning for **Harrison** Hot Springs, scheduled for the first week in September. More information will be in the June newsletter. You will need a passport or Enhanced ID for this Canadian trip.

Thursday, May 11: Price Sculpture Forest, Coupeville. Unfortunately, this trip has had to be postponed. Due to an emergency conflict, our bus driver is unable to drive you on this trip. We are hoping to reschedule this in the near future.

Clearwater Casino, Monday, May 15th: This is such a popular trip – all are welcome to have a day away with old friends and new ones! Come join the fun! Departs 9:00 am to about 4:00 pm. \$15 per person

Seaside/Tillamook Tour, May 22-25: We will be staying three nights in Seaside, OR, at the Ebb Tide Oceanfront Inn, right on the Promenade, with Continental breakfast and coffee/cookies, 4-6pm daily, included. Hot tub and pool as well! We'll be taking day trips to visit a few creameries, and a side trip to the Tillamook Air Museum, located at a former US Navy Air Station. The museum is housed in what used to be a blimp hangar. It is a great place to visit! And, it has a gift shop.... Meals and Museum admission are NOT included in the price. THIS TRIP IS SOLD OUT!

Clearwater Casino, Monday, June 19th: Don will be taking you for a fun day at the Casino to try your luck! Have lunch at the Beach Glass Café, or the Agate Pass Deli. Invite a friend! Departs 9:00 am to about 4:00 pm. \$15 per person

Collette Presentation for *Greece* and Memorials of *World War II*, Thursday, June 22, at 11:00 - If you are interested, please sign up at the trips office, or call 360-683-5883/ email trips@shipleycenter.org We need to know how many chairs to set up.

A few trips to look forward to:

- A tour of Underground Port Angeles and lunch (on your own)-June
- Spruce Trail hike and lunch at Lake Crescent lodge (or bring your own for a picnic by the lake)-
- A tour of Makah Museum in Neah Bay with lunch at Pat's Pies-July

Important Reminder: Please remember the only way to sign up for a trip is to call the trips office, email us, or stop by the trips office between 9:00 and 12:30. Passing by us in the hall and telling us you want to go on trip just isn't the best way to save a seat on the bus!

Continued on page 3

"Trips" continued from page 2

We are actively looking for a volunteer bus driver with a Commercial Driver's License and a passenger endorsement. There are several advantages to being a Shipley Center volunteer driver. If you know a retired bus driver who might be interested and would like to go on fun trips, please have them contact us!

Looking forward to seeing you on the bus!

Shipley Center Trips: 360-683-5883



Debbie

"People don't take trips, trips take people." John Steinbeck

Exploring Greece & Its Islands
With Collette Tours

Scheduled for April 2024 This is a 16 day trip! Presentation on June 22 at 11:00

360-683-5883

Call if you would like to attend!

Memorials of World War II
With Collette Tours

Scheduled for Sept 30 thru Oct 9 2024

Presentation on June 22 at 11:00

360-683-5883

Let me know if you would like to attend! trips@shipley.org



Our faithful and dedicated crew are putting the finishing touches on the mobile home donated to Shipley Center late last

From left to right, Su Ferronato, Greg Millar, Foreman Duane Cobb, and Dan White. Not pictured, Brian Davis and Diane Luoma.

They have done painting, sanding, fixtures, flooring, deck repair, stairs, ramp, railings, faucets, lighting, electrical, appliances and more!

Thank you Duane and VOLUNTEERS Su, Greg, Brian, Diane and Dan!

The Center News is published monthly by Sequim Senior Services dba Shipley Center 921 E. Hammond St. Sequim, WA 98382 Year 52, Issue #5

DEADLINE for Submissions for each edition is the 15th of the preceding month. Submissions may be sent to newsletter@shipleycenter.org

All submissions are subject to editing.

For Advertising rates and info contact Shamya Waters, programs@shipleycenter.org



Leo's Café Menu

Monday-Friday 9:00 am-2 pm Dine in or take out! (360)775-3883



Frittata – (Like a crustless quiche) Served with a savory treat. \$10. Bacon and Spinach, or Veggie

Quiche– Crab Asparagus Served with a savory treat. \$10.50

Soups – Made from scratch daily and served with a savory treat \$6.

Salad – Served with a savory treat. \$9.50, add cup of soup for \$4. Kathryn's famous Dilled Chicken Side Salad \$4.50



Dilled Chicken

Reuben

Tuna

Turkey Meatloaf

Veggie

All served with pickle and chips. Add cup of soup for \$4.

Wrap-\$10.

Turkey-Cranberry-Cream Cheese in whole wheat wrap

Baked Paninis- \$10.50 Pesto Chicken







Beverages include coffee, teas, sodas, espressos, lattes, and Kathryn's Elixirs! \$1.-\$3.50

Assorted Pastries, Muffins, Savory Treats, and yes ... Macaroons (Chocolate-Dipped or

Bits 'n Bites:

Scrambled Egg \$1.50, Bacon or Chicken Sausage \$1.25 per piece, Toast 2 slices with Jam & Butter \$2.50, Croissant with Jam & Butter \$3., Biscuits and Gravy (\$3.50 for one or \$6. for two).







COMMUNITY AMBASSADOR



Ambassadors All!

By Michael Smith, Executive Director

How would you feel if you were appointed to be an ambassador? I have an important post in mind for you. Your mission, should you accept it, could make a real difference in the lives of people you know.

I'd like to appoint you—and as many reading this as possible—to become ambassadors for your favorite local senior center and nonprofit organization, Shipley Center! **You** can do it!

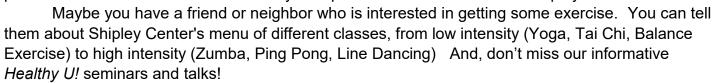
While an important post, unfortunately it does not include a salary, uniform, tiara, or sash to wear. On the plus side, it does not require courses on international relations, protocol or etiquette. And you don't have to speak another language, or even know the waltz. And no, you will not have diplomatic immunity—you'll still have to obey the rules of the road when driving, and pay your own parking tickets!

But it DOES have a fun and exciting element to it. And that is telling other people about all the meaningful, fun and good times you have at Shipley Center.

You won't get rich being a Shipley Ambassador, but you can help others enrich their lives. You don't have to know anyone famous; but, to do this job, it DOES matter who you know!

For instance, do you know someone who has a lot of trouble with their computer, can't avoid email scams, or has trouble navigating their tablet or cell

phone? Tell them about our free Monday Computer Clinic for members of Shipley Center!



Perhaps you have a friend who watches too much TV, might stay in their pajamas several days a week, and who feels isolated at home. As Shipley Ambassador, you could tell them about our bus trips to fun places, meaningful volunteer opportunities, socials, card games, and our fiber arts group. That'll help them get out of the house and get going, interacting with people more!

And all because YOU decided to accept your ambassadorship!

There's more: Know a diabetic? Tell them about the Diabetic Support Group!

Someone who has trouble taking care of their toenails? Refer them to Rhonda!

Then there are all those questions about Medicare that someone you know has—let them know about free help at Shipley Center from the SHIBA volunteers!

Shipley Center should have "most favorable nation/nonprofit status" and be at the top of your list of favorite resources that you refer people to. At least, we hope you will see your Center that way, and let others know, too.

Thanks for your support, Ambassador! You are appreciated!



NEW NATURE PHOTOGRAPHY CLASS COMING SOON!

Join Mark Richman and learn how to take nature photographs, (plants, trees, bugs, mushrooms & more).

Mark will help you download an app that you will use to take photos. Please call the front office to sign up 360-683-6806. \$2 for Members & \$4 for Non-Members

This class will begin in June when the weather is warming.



360-809-3390

Adult Tap I and II

Tap I Tuesdays 1pm-2:15

Tap II Thursdays 10:30am-12

Members \$3, Non-members \$6

Flat-heeled tap shoes or hard-soled shoes are recommended.

Questions: contact Sandi Lazzaro 360-809-3390

Beginning Hula Tuesdays 2:30 - 3:30pm



Members \$3, Non-members \$6
Call Sandi Lazzaro for info

BASIC MEDITATION CLASS via ZOOM!

Join us in a guided basic awareness meditation class with Jean Kipper. Friday mornings at 9:45. This class is sponsored by *Dungeness Courte Memory Care*, so no class fee is required. Call 360-683-6806.

Join North Olympic Watercolorists (NOW)

Every Tues, from 1 to 4 pm for beginners to professionals: We work on our own paintings with our own supplies. We are <u>not</u> a class, so having some experience is most beneficial.



SEWING CLASS

No Fee class led by Judy Lange! Thursdays 9:30am to Noon. Items made during class time will go to the Shipley Center gift shop. Help and advice will be available for personal sewing projects too!



Fiber Arts Tuesdays at 10am Front Room



Line Dancing on Fridays! 10:15am to 12:15 = Intermediate 12:30pm to 2:30 = Beginners



Mahjongg

Want to learn to play American mahjongg? Come Wednesdays, 9 to

11AM. Class limited to 4.
If you already know how

to play, please join us at 1:00 PM every Wednesday. Ouestions? Dianne Whitaker at 360-775-6150





In-Person Computer Clinic Mondays, 1pm to 3pm. FREE FOR SHIPLEY CENTER MEMBERS!

Help with computers, tablets, smart phones and general technology questions. **PC and Mac.** Donations made in the office to Shipley Center in appreciation for computer help are welcomed.

ART & WRITING CLASSES with Natasha Willow

Oil Pastel Art class: May 1, 15 Imaginative Writing class: May 22

Class fees:

Art is \$3 members/\$5 for non-members Writing is \$2 members /\$4 for non-mem. Please call 360-683-6806 to sign up.



Have YOU tried YOGA?

EZ Yoga Wednesdays and Fridays at 1:30!



TAI CHI

Come join J. Fields in the Art of Tai Chi at 10am on Tuesdays.





Come join Beth Glick For **ZUMBA**

from 11am – noon Monday - Zumba Gold Wednesday - Zumba Toning Friday - Zumba Gold

Tracy Wealth Management

Our approach to delivering comprehensive financial services always starts and ends with you, our clients.

We begin this process by listening to you and discussing your lifestyles, goals, wishes, dreams and family situation.

Through a consultative process we then learn the details of your financial picture so we can construct and deliver a customized plan along with your personal "Financial Action Checklist."

Our experienced team of professionals fully evaluates your situation to prepare personal solutions that integrate investment planning, tax reduction planning, retirement income and distribution planning, and family

wealth planning.

To learn more, visit us at: www.tracywealthmanagement.com Or call us at: 360-452-9080

Kevin Tracy - Financial Planner (360) 477-4322 149 West Washington Street Sequim, WA 98382



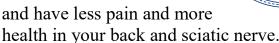
Securities and investment advisory services offered through FSC Securities Corporation, member FINRA/SIPC and a Registered Investment Advisor. Insurance services offered through Tracy Wealth Management, which is not affiliated with FSC Securities Corporation.

Healthy U! Classes

Tuesday, May 9 & 23, 11:30 to 12:15

May 9-Less Low Back and Sciatic Pain!

Come and learn the best ways to strengthen and stretch low back muscles



May 23-Healthier and Happier Knees

Learn ways to have less knee pain despite surgeries and arthritis!

Please call to register for these great classes! 360-683-6806

\$2 for members \$4 for non members Registration is required.



Taught by Barb Paschal Retired Physical Therapist

Rena Mantle Blank, Shipley Center member and former Board Secretary, was named an "Honored Pioneer" for this year's Sequim Irrigation Festival!

Be sure to wave when Rena, her sister Myrna and the other Pioneers ride by in the Grand Parade on Saturday May 13th!

At the Festival kick-off dinner Rena, left in photo, was joined by friends and Shipley members Judy Lange, center, and Miriam Spreine, right.

Judy currently serves on the Board and Miriam previously served as Vice President of the Board.

Congratulations Rena on this honor! You can read more about Rena and the other Pioneers by clicking on their pictures at this link: https://irrigationfestival.com/site/ dignitaries/pioneers/





- 1 Patricia BrousYvonne LinnabaryKim Mcbride
- 2 Judy Griffin Shamya Waters Richard Wolf
- 3 Lorena Gurr Linda Lowenstein
- 4 Susi Beattie
 Alyce Hansen
 Alice McCracken
 Sandra Melheim
 David Scully
- 5 Phil Dominiak
- 6 Regina Bacon Nancy Baer Andy Mesches
- 7 Cheryl BrownDianne OnnenSharon ScairponGrace WallaceBarbara Wieseman
- 8 Barbara Filigno Billie Fonville
- 9 Sue Clary Ilonka Mackenzie Walter Panchyshyn Denise Swift
- 10 Peggy Hanson William Hegarty Helen Jones
- 11 Susan Kowitz
- 12 Millie Harrell
 Elaine Lorentzen
 Rick Seanor
 Dawn Wachter
 Jeanne Wolverton
- 13 Susan Burkhardt
- 14 Gina Brent Sharon Irish
- 15 Barbara Brenner James Lounsberry Mary Watland Rebecca Weston
- 16 Fran Levien Lucile Thornton

- 17 Jeff Hooper Margaret Mitchell Sue Shirkey Rita Wise
- 18 Pam Bennett
 Judith Coleman
 Eileen Cummings
 Sasha Fochtman
 Melinda Hodgson
- 19 Beverly Beighle
 Susan Black
 Judith Johnson
 Susan Lewis
 Jane Martin
 Kathy Nichols
 Al Popowski
 Patricia Touchie
- 20 Paulette Edison
- 21 Barbara Becker Renwick Garypie Debi Goetz Minerva Hodis
- 22 Doug Oakes
 Diane Phillips
- 23 Patricia Durbin Paris Anne Heart Mahina Lazzaro Jane Luciani Tom Shaw
- 24 Denny Anderson
 Da Nell Backer
 Darlene Lemon
 Dean Luciani
 Dolores Reher
 Camille Ruble
 Vicki Shaw
 Karen Williams
- 25 Sandy Bish
 Tracey Lilyquist
 Helen Rice
 Nancy Southwick
 Charlene Tracy
 Art Giumini
- 26 Winnie Palm

- 27 John Beitzel
 Ron Burke
 Roger Chartraw
 Sue Lohler
 Cynthia Peters
 Clarence Walz
- 28 R E (Richard) Atteberry Debra Currier Mike Herwood Theresa Nasmith Robert Ritchie Gary Syme
- 29 Berit Guerin Eileen Larsen Keith Ornduff Elaine Peaslee Deborah Young
- 30 William Benbow Joseph Flint Eberhard Klix John Wilson
- 31 Russ Fish

 Jeff Haag

 Don Skidmore

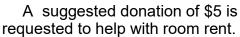
Happy Birthday

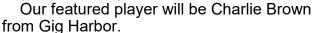


Community Announcements

The Sequim Accordion Social will be held at Shipley Center on May 21st from 1:30-4:00 pm. All accordionists are invited to play a selection or two.

Accordion lovers and dancers are also welcome.







Do you have a laptop or desktop PC with a Windows 7 or later OS that you are no longer using?

Please consider donating the computer to Sequim PC Users Group to refurbish and distribute to low

income individuals.

We also take peripherals, except printers, in good working order.

For more information or to donate, please leave us a message at 360-797-5771 or spcug1@gmail.com. SPCUG is a 501 (c) (3) non-profit organization and a Microsoft Registered Refurbisher.

Single? Join Shipley's Singles Activities! May 10, 4:30 pm, Monthly Singles Dinner, \$15

Menu: Pot Roast/Veggie Roast Salad, Dinner Roll, Chef's Choice dessert Tickets must be purchased at front desk by Mon. May 8.

Let's go out to Leo's Café together, and give other local restaurants a try too!

For Breakfast singles gatherings, call Bobbie Dahm at 360-477-0019 For Lunch singles gatherings, call Robert Drews at 360-670-9008

Soul Care Speaker Series from VHOCC

The Rev. Lynda Elaine Carré, clinical chaplain with The Community Hospice of St. Peter's Health Partners, will present "Spiritual Care: What It Is & How It Heals," on Wednesday, May 10, from noon to 1:30 pm on Zoom.

The talk is free, but registration is required. For more info. call Volunteer Hospice of Clallam County at 360-452-1511 or email office@vhocc.org

WOW! WORKING ON WELLNESS



2:00 PM - 3:00 PM Wednesday, May 10, 2023 KSQM FM Radio Station 91.5 FM

"Current Youth Mental Health Issues:
How to Help Your Kids and Grandkids"
Dr. Joshua Jones,
CPO, Olympic Medical Physicians

Learn Italic Calligraphy at Shipley

In this 4 weeks class you will learn the miniscule (small) and majuscule (capital) letters, some flourishes to add to your finished work, and complete a finished piece.

All materials will be provided for a fee of \$3 that goes directly to instructor Sandy Placek. \$25 for Members/\$30 for non members.

Call the office before Thursday, May 4 to sign up at 360-683-6806.

Once class has begun there will be no drop-ins until the next class.

Class is held on each Friday in May from 1pm-3pm in the Front Room.



WANTED: Your NEW, unopened CPAP supplies can help your Center raise needed funds! Just drop them off at Shipley Center! Thanks!

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MAY 2023 -WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI	
9am- Balance Exercise 10am- Oil Pastel 11am-Zumba Gold 12pm-Euchre 1pm-Ukulele 1pm-Computer Clinic 6pm-Westcoast Swing- (Beginner)	2 10am-SHIBA 10am- Tai Chi 10am-Fiber Arts 10am- Watercolor-(Int) 11:30am-Cribbage 1pm- N.O.W 1pm- Ping Pong 1pm- Pinochle 1pm- Tap 1 2pm-Grief & Wellness Group 2:30p-Beginning Hula	9am-Balance Exercise 9am- Water Media Drop-In 11am- Zumba Toning 12:00pm-Bridge 1pm- MahJongg 1:30pm-EZ Yoga 2:00pm- Language Class	4 10am- Euchre 10:30am-Tap 2 12pm-Bingo 1pm-Scrabble	9am-Balance Exercise 9:30am-Fiber Arts 9:30am- Basic Meditation (Zoom) 10:15am-Line Dancing -(Int.) 11am- Zumba Gold 12:30- Line Dancing- (Beginner) 1pm-Poker 1pm- Calligraphy 1:30p-EZ Yoga	
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Shipley Center Closed in observance of Memorial Day	30 10am- Tai Chi 10am-Fiber Arts 10am- Watercolor-(Int) 11:30am-Cribbage 1pm- N.O.W 1pm- Ping Pong 1pm- Pinochle 1pm- Tap 1 2pm-Grief & Wellness Group 2:30p-Beginning Hula	9am-Balance Exercise 9am- Water Media Drop-In 11am- Zumba Toning 12:00pm-Bridge 1pm- Mah Jongg 1:30p-EZ Yoga 2:00pm- Language Class	 ※ ※ ※ ※ ※ ※ ※ May 27, 20 your Cent birthday! founded in have been opportun Friendship * * Education 	23 will be ser's 52 nd We were 1971, and providing ities for

Saturday

5:30pm -Strait Wheelers-Line Dancing

May 13th-Bridge & Euchre -6:30pm

May 27th -Bridge & Euchre -6:30pm

Sunday

May 21 Accordion Social 1:30

SAVE THE DATE AND GET TICKETS EARLY AS SEATING IS LIMITED!

Elegant High Tea Wed., June 7th at 2:30 pm 360-683-6806



Tickets on sale Monday, May 1st Members: \$22.00 Non-Members: \$24.00 Non-Refundable



Spotlight on . . . Ceal Moran

Several times over the years, I have invited anyone who'd like to be featured in a *Spotlight* article, to let me know. Finally, someone indicated that interest, and—ta dah!—here she is . . . **Ceal Moran!**

Early Years: Ceal was born, brought up, and lived the first sixty years of her life in and around Burlington, Vermont. The middle position of nine children, her mom "worked overtime, not at a job outside the home, but raising us nine kids!" Although her father had a good job, "We were kind of poor, with lots of hand-me-downs." Ceal considers that was a good life lesson learned at a young age . . . Recycle! Reuse!

Of her early years, Ceal says she had "a regular childhood," attending Catholic schools, graduating from Rice Memorial High School. She soon married Dan, her high school sweetheart and Champlain College Grad, and took a job at Woolworths.



She and Dan built several homes in Shelburne and Charlotte, both a short distance from Burlington. By this time, Dan was a computer programmer, writing medical software for IDX and GE. A benefit was that he was able to work largely from home . . . even before COVID! Ceal worked as a secretary in various positions in Continuing Education and Human Resource Development in Burlington, a college town. She also worked for the town manager in the Shelburne town offices.

She and Dan enjoyed travel to various states, and cruises in the Caribbean, Alaska, Puerto Rico and the Bahamas.

Coming to Sequim: What would be the motivation to totally move from one side of the US to the other? Turns out, some friends of theirs had relocated to Sequim some years before. Dan and Ceal had visited them during several summers and grew to love the area. They wanted to get away from winter; not so much the cold . . . but the wind-chill

factor and snow drifts!

After a diagnosis of kidney cancer and living with it and its various treatments and clinical trials for ten years, Dan decided he wanted to build another house for them. So, four years ago this spring, it was off to the Sequim area, where they **did** build in Agnew. It gave Dan something to think about and **do**. Sadly, they were able to enjoy their new home together for only nine months, before Dan passed away in 2021.

During this time, as you would guess, Ceal was heavily involved in caregiving for Dan and his growing needs. She recalls that, after Dan passed, during those fourteen years in the caregiver role, "I hadn't realized I was doing so much for him . . . but it was doable because I cared so deeply for this man."

Life's Second Chapter: As many widows are asked early on: "What are you going to do, now that you're by yourself?" "Will you be moving back to Vermont?" "Are you planning to stay here?" To which Ceal answers, "Vermont is where I spent most of my life, and I have family there, but *this* is my home now." She firmly believes in "making the best of where you're at," and, like the tortoise, "slowly plodding ahead, staying focused on what's important at every juncture."

She sold her house and car, and decided to lease a townhouse in Sequim. She is enjoying the freedom of no upkeep, and balances her "visiting personality" with most days just "hanging around". One who "never enjoyed driving anyway," she has found many creative ways of getting around town which suits Ceal just fine!

Ceal likes to keep busy. Since coming to this area, she joined both the PA Senior Center and Shipley Center, Elks Clubs in both towns, the Olympic Newcomers Club, and her church in Sequim. She has an outgoing, helping personality, being involved in things she enjoys.

Spotlight" continued from page 12

Ceal is an advocate, and a bandwagon issue at the moment is *How can we get on-demand Sunday bus service in Sequim?* (Carless people have only taxis for Sunday transportation.)

In December, Ceal went on an Israel Pilgrimage tour with St. Joseph's Church. More travel is on the horizon . . . dreams of going to Austria, a long cruise to include the Philippines, and trips to Vermont and Florida to visit family are all possibilities.

At Shipley Center, Ceal is a member of the Shipley Singles, and enjoys going on trips, eating at Leo's Cafe, and getting massages. Like many of us, she donates to the annual Benefit Sale . . . and shops there!

Creative Albums: Bringing together her passions for photography and genealogy, Ceal's great joy has been creating her collection of almost 100 photo/scrapbook/journal albums documenting her life since birth! Enjoying the tactile aspects of the physical books in hand over an online autobiography, Ceal, is currently working on several more, all the good times, happy memories of her life. The Shipley Singles group will get chances to view her creativity in May and November when she hopes to have her albums displayed.

Genealogy Day: Ceal makes it back to Vermont every August 9th for *Genealogy Day*. Wanting to learn about this special day, I went online and was surprised to learn: *Ceal Moran, who has strong ties to Vermont, started this movement to bring people together, a way to bring family, friends and colleagues to share memories, stories and pictures on one special day of the year. A lover of genealogy, Ceal believes that passion is not just about capturing information on those who have passed, but believes it is also about treasuring the time we can spend with people still here. Sounds like something she should start in Sequim!*

About "Ceal": You must be wondering—as I did—how Ceal got her name. Her given name was "Cecile", and most people tended to slide over the first syllable; and she would hear only "seal". So, may as well **be** that, which she spelled "Ceal"!

So, Ceal, a hearty welcome to Sequim, your forever home now; and Shipley Center, the place where you have already experienced its byline of *Friendship*, *Recreation*, and *Education*!





EUCHRE

Every Thursday 10am-12

2nd & 4th Mondays 12-3pm

2nd & 4th Saturdays 6:30-9pm

Euchre is a card game that is fun, fast and filled with surprise endings to almost every hand and game!

Games may be played with three or four players. Five cards are dealt to each player. The object of each hand is to win three of the five rounds (tricks), where each player plays a single card.

Contact Shipley Center to sign up at 683-6806 or text John Christian 360-775-4514.

Bridge

Wednesdays with Earl Karich from 12:00-3:30pm.

2nd & 4th Saturdays with Diana Smith 6:30-9:00pm Call Diana to register 360-775-5126

PINOCHLE

Led by Lynda Moynihan Tuesdays 1:00pm



POKER

Fridays at 1pm. Led by Pat Phillips



COMPUTER LAB

We're OPEN to browse the net & check email!

ANYONE INTERESTED IN PLAYING CHESS?

Please call the Front office to sign up at 360-683-6806

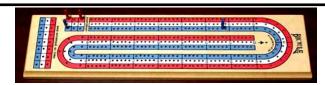


Balance Exercise

Improve strength, endurance, flexibility and prevent falls.

Led by Margaret Cox M-W-F 9am





Cribbage

Cribbage is played at Shipley on **Tuesdays** from 11:30am to 1:30pm.

 $S_{\scriptscriptstyle 1} \ C_{\scriptscriptstyle 3} \ R_{\scriptscriptstyle 1} \ A_{\scriptscriptstyle 1} \ B_{\scriptscriptstyle 3} \ B_{\scriptscriptstyle 3} \ L_{\scriptscriptstyle 1} \ E_{\scriptscriptstyle 1}$

Come and play every Thursday at 1pm!



Ping Pong Tuesdays at 1pm



Game starts at 12pm on Thursdays.
Come early to purchase your cards.
Members \$1/ Non-members \$2
Bingo Cards are just 50 cents each.
15 games, and we also have a Potluck.
BIG Money on the last Blackout!



Members Giving Monthly (MGM) Club!

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Charlotte L. Frazier
Ren Garypie
Richard Godsey
Melinda Griffith
Beth Hempel
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Deborah Hudson
Mary Huston

Anne Kask
Judith Lange
Diane Lopez
Peter & Carol Macrae
Pat MacRobbie
Richard & Norma Michels
Luigi Nicoloso
Mary Porter-Solberg
Mary Ellen Reed
Linda Rees

Marion Rutledge
Becky Skilling
Lynn Skilling
Michael & Elizabeth Smith
Mimi Sutton
Gayle Urban
Robbie Varney
Susan Waldroup
Mary Lou Westman
Leland White

Health & Wellness Annex

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For Computer Room from Mary Huston For Computer Techs from Sharon Robinson

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For New Leo's Café Refrigerator from Susan Grant from Anonymous

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Emily Muzos
Mike Muzos
Nadine Roberts
Dennis Smith
Aida Uy
Jan Van Rossen
Peter Van Rossen



Vivian Matz

Q K E S R A H C R O G Y B S BZRONG $R \quad N \quad F \quad M \quad R \quad U \quad V \quad X \quad R \quad U \quad L \quad E \quad E \quad L \quad O$ R Ε E M \mathbf{Z} Z L R R Α В T 0 R T Е U В K S L L Ι Ε UN G \mathbf{Z} В X Е G M M E W F R D R Z G В Ο UΟ O H A R R C ЕСН L Ε T R T Α S Ε A O R N Η Τ X N Н Ι N L В Ε Е S Ε D N Ε L U C Ι R G E N Е S G Τ R Ι D В S O L O C M P Ι O



AGRICULTURE ARRANGEMENT **BACKYARD BEAUTY BENEFICIAL BIOLOGICAL BLOSSOM BOTANICAL** COLORFUL COMPOST **DELICATE** DIRT **EMBED ENVIRONMENT** FARMING FEEDER **FERTILIZATION** FLOWERS **GARDEN GLOVES GREEN THUMB** GREENHOUSE HARVEST

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Mother's Day Words

rugioganecn	
ecavetri	
dnofruewl	
nrcoeestida	
eonsureg	
ugurnirnt	
otprtreco	
atnroiinisp	
usppervito	



What did the mama tomato say to the baby tomato? Catch up!

My Mom told me I'd never amount to anything because I procrastinate too much.

I said, "Oh, yeah? Just you wait."

Mother to child: "I'm warning you. If you fall out of that tree and break

both your legs, don't come running to me!"

What's the difference between Superman and mothers? Superman's just a superhero now and then. Moms are superheroes all the time.

Why did the mother cross the road? To get some peace and quiet!

Son: "Mom, can I have \$50?"

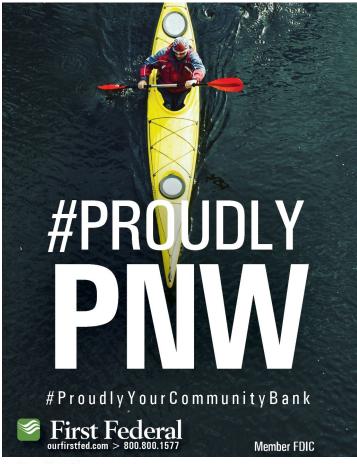
Mom: "Does it look like I am made of money?"

Son: "Well, isn't that what M-O-M stands for?"

What kind of flowers are best for Mother's Day? Mums.

Why is a computer so smart? Because it listens to its motherboard.

What did the mother rope say to her mischievous children? "Don't be knotty!"





To enhance the life of every person we serve

CORE VALUES

Integrity above all else
Passion for the quality of
people's lives
Quality that is obvious
Innovation, not emulation
A culture of trust and respect
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embrace and change
Teamwork, camaraderie and

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Rhonda Huchonson 360-477-6262 Rhuchonson @gmail.com

Footcare Days: Tues, Wed, Thurs Hours: 8:30am –3:30pm



Please call Rhonda for an appointment!

New Location: Shipley Center's

former Trips Office, park in front!

Those arriving more than 5 minutes in advance of their footcare appointment, are asked to please wait in the library.

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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 - 4:00pm

STAFF

Michael M. Smith Executive Director Deb Hudson Office Manager Theresa Fox Asst. Office Manager Shamva Waters Program Director Dee Mead Office Assistant Debbie Patterson Trips Coordinator Beth Hempel Member Services Kathryn Kitts Chef Pat Snyder Sous-Chef Gayle Urban Bookkeeper Duane Cobb Maintenance Robin Moreau Janitor

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CAFÉ VOLUNTEERS

Cindy Crossman	Linda Rees	Susan Geritz
Sandie Kiehl	Becky Skilling	Sandie Kiehl
Diane Luoma	Lynn Skilling	Renee Millar
Nancy Madison	Mimi Sutton	Patricia Rhoads
Debbie McIntyre	Denise Swift	Steve Romberg
Kathy Nichols	Elinor Tennyson	Karen Rose
Brenda Peck		Nancy Southwick
		Mimi Sutton

Transportation: Lou Foldoe

Computers: Ray Bentsen, Joe Mirabella, Bill Ledbetter, Dan Urso, and Pat Urso

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Classifieds

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Wanted to buy: 1959 and 1960 Sequim High School Greywolf Annuals Call Bill Sullivan 360-683-4791

SHIPLEY CENTER VOLUNTEER HELP WANTED

Leo's Cafe Servers
Computer Teacher
CDL Bus Drivers
Call Front Desk for info 360-683-6806

Find the Hidden Object



Somewhere in this month's issue is a picture of sunshine and flowers.

Once you spot the object, email your name, phone number and the location (page number) to assistant@shipleycenter.org.

Or you can come into the Office and fill out a form and turn it in by the 15th

You can win \$4 off at Leo's Café or \$4 in Activity Bucks!

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, and how you can use beneficiary designations on various types of accounts without changing your will.



Office Phone: (360) 683-6806 E-mail: info@shipleycenter.org

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