



THE CENTER NEWS

A Monthly Publication of Shipley Center - November 2025



Join us at
Shipley Center for
**THANKSGIVING
LUNCHEON**
Friday, November 21, 2025
AT 12:30PM OR 2:30PM

Members \$18	Roast Turkey
Non-members \$24	Mashed Potatoes and Gravy
Tickets go on sale	Savory Dressing
November 4th.	Roasted Fall Vegetables
360-683-6806	Cranberries
	Roll and Butter
	Pumpkin Bread Pudding
	with Vanilla Cream

Sponsor: Ridgeline Homecare

About our luncheons:

Seating is limited and we usually sell out.

Please purchase your tickets early so you are not disappointed.

Seating is also planned. Let us know who you would like to sit with or that you are interested in meeting new folks. No need to arrive early.



INCLEMENT WEATHER POLICY: If Sequim school district is closed, Shipley Center is closed. Please see page 10 for other details.

SHIPLEY CENTER HOLIDAY BAZAAR 2025

FRIDAY AND SATURDAY

NOVEMBER 7-8 FROM 9:00-3:00

CREATIVITY ABOUND! PLEASE STOP BY.



TRIPS & TOURS

Debbie Patterson, Trips & Tours Coordinator

Office hours: 9 to 1 Monday-Friday



Shipley Center Trips: 360-683-5883

trips@shipleycenter.org

New! 2026 River Cruises

Mayflower Cruises & Tours: Tulip Time on Jewels of the Rhine-April 6-22
Premier World Discovery: Holland Windmills & Tulips River Cruise-April 20-29
Wonders of the Blue Danube-October 10-19

Grand American Tours Presents

Best of Greece: 10 Days and 9 Nights.
May 22-30, 2026 on the *Celebrity Infinity*.



See Green Insert for Local Trips! 360-683-5883. Office hours: 9:00-1:00 Monday-Friday.

Safe Travels, Debbie



Your Trusted Local Bank for 102 Years — Let's Talk About Your Future

For over a century, we have helped our neighbors save more, borrow smarter, and grow stronger.

- Personalized financial solutions tailored to your needs
- Local decision-making on loans and mortgages
- Bankers who know you by name and care about your goals

Talk to your local banker today. We're here to help—whether you're buying a home, growing your business, or just looking for better banking.

Wills Award Winner



Robin Bookerter

Branch Manager

Sequim Ave

NMLS# 1433280

rbookter@ourfirstfed.com



Nicole Pruden

Branch Manager

Sequim Village

NMLS# 1560819

npruden@ourfirstfed.com



ourfirstfed.com | 800-800-1577

Member FDIC | Equal Housing Lender



Dungeness Courte
MEMORY CARE



Adult Day Stay Program, 7 days a week
Short-term Respite Program, 7 days a week
Long-term placement
24-hour on-site nursing team
Locally owned and managed
Large outdoor gardens and walking paths

Call us or stop by today!
(360) 582-9309

www.dungenesscourte.com

651 Garry Oak Drive Sequim, WA 98382



*We are open
Monday-Thursday
9am to 2pm
Dine in or take out!*

Leo's Café with Chef Kathryn Kitts

Please note our new schedule!

'A Little Café with a Lotta' Love'

Serving breakfast and lunch, Leo's Café is open 9:00 until 2:00 Monday through Thursday.
We look forward to serving you!



Holiday Feasts are Coming!

We hope you will join us as Leo's Café Chef, Kathryn Kitts, and so many dedicated volunteers prepare delightful feasts for this holiday season.

Our Thanksgiving Luncheon will be on Friday, November 21 with two seatings.

Please join us at 12:30 or 2:30 for this event.

Tickets will be available beginning Tuesday, November 4.

Members are \$18 and non-members are \$24 for this event.

Our Christmas Luncheon will be on Friday, December 19 with two seatings, also at 12:30 or 2:30 for this event.

Tickets will be available beginning Tuesday, November 25.

Members are \$18 and non-members are \$24 for this event.

Menus are available on page 1 and page 6.



The Center News is published monthly by Sequim Senior Services, dba Shipley Center

921 E. Hammond St. Sequim, WA 98382 Year 54, Issue #11

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 programs@shipleycenter.org

Community Announcements



SHIBA IS HERE TO ANSWER YOUR MEDICARE QUESTIONS

MEDICARE OPEN ENROLLMENT RUNS THROUGH DECEMBER 7, 2025

SHIBA representatives are available at Shipley Center

from 9:00-12:00 on these dates: November 4, 18, and December 2.

This service is free. NO Appointments. You may drop in.

WOW! WORKING ON WELLNESS

*****THE FORUM*****

KSQM Radio Station 91.5 FM

November 12, 2025, 2:00-3:00pm

“Health Care Economics:
The Challenges & Possible Solutions”

Speaker: Eric Lewis
Sequim Free Clinic Board President

The October meeting of the

Sequim Diabetes Support Group

will be held at Shipley Center in the Front Room
Wednesday, November 5, 10am-11am.

A general meeting with very helpful information,
the event is open to the public and free.

Any contributions are given to
Shipley Center for the use of the space.
Next month's meeting is December 3.



VETERAN'S COFFEE BREAK,

Sponsored by
Assured Hospice, is
standing down.

Thank you to all our vets for
your service to our country.

Whole Food Plant-Based Support Group

Meets at 12:30pm on the 2nd Thursday of the month.

See you November 13 for “A Thankful Body.”

Suggestions for a Thanksgiving menu to enjoy
the healthful impact of a WFPB meal while
boosting nutrient intake and avoiding the
post-meal coma.

Pot Luck starts at 12:30pm.

Don't know what to bring?

No worries. Call Alanna: 360-912-2067

Members \$2. Non Members \$4.



GRIEF AND WELLNESS SUPPORT GROUP

Led by Debbie McIntyre

TUESDAYS AT 2:00

In our Art Room

National Federation of the Blind Clallam County Chapter

**will meet on November 10 at 12:30
at KSQM Radio station.**

**We will have a representative of the
Sequim Police Department to speak
about safety of blind and low vision
people walking in Sequim.**



NATIONAL FEDERATION
OF THE BLIND
WASHINGTON
Live the life you want.

Volunteer Hospice of Clallam County

VOLUNTEER HOSPICE ORIENTATION (Nov. 4 & 6)

SEQUIM – Volunteer Hospice of Clallam County
(VHOCC) is hosting in-person volunteer orientations for
those interested in learning more about or volunteering
with the organization.

The first session is scheduled for Tuesday, Nov. 4, at 11
a.m. at a location in Sequim to be disclosed at the time of
registration. A second orientation will be held Nov. 5, at
VHOCC offices, 829 E. 8th St., PA., also at 11 a.m.

Registration for both sessions is required.

Call 360-452-1511 or email reception@vhocc.org

“LIGHTS OUT”

The Olympic Peninsula Audubon Society Conservation in partnership with DarkSky Olympic Peninsula will
present a slide presentation, “Lights Out,” about light pollution, (the excessive or poor use of artificial light at night).
Light pollution disrupts the natural patterns of wildlife, contributes to CO2 in the atmosphere, and obscures the stars in the night
sky that birds use for navigation during migration.

You may attend this important presentation Thursday, November 13 at 1:00 in our Front Room.



Thankfulness . . . The Miracle Drug?

MICHAEL SMITH, EXECUTIVE DIRECTOR

Thankfulness has benefits for your mental strength, psychological well-being, and even your physical health. When life throws you challenges—and it will—focus instead on things you can still be thankful for!

Being thankful despite it all: Is it a learned behavior or a natural ability? Quality or quirk? Talent or Skill? Is thankfulness a personal character trait or a principled daily decision?

Whatever it is, if you can be thankful, no matter what, making mental or written lists of what you appreciate, you just might live longer. Try to Google “health benefits of thankfulness”. You will find out from Harvard University, *Psychology Today*, WebMD, and others that those who are thankful sleep better, take better care of themselves, are happier, are less depressed, and have fewer aches and pains. In addition, by being mindful and deciding to be thankful, you develop more strength to face adversity, become happier overall, and have more positive energy to share with others.

Like a miracle drug, thankfulness is powerful and effective. It is free and does not require a prescription, deductible, or co-pay. You can give it and receive it, and either way, feel good about it. The side effects are pleasurable, and there is no harm in becoming addicted to it! You can meditate on it, share it, and when practiced regularly, forget about much of what ails you.

Ways to cue up feelings of thankfulness include reminding yourself of past, present, and future blessings. Use lists you refer back to regularly, and photos, artwork, letters, or gifts that remind you of people or places you love or appreciate. *Finding even small reasons to thank others daily, whether verbally or in writing, can help train your mind along healthy pathways of gratitude.*

Things I have felt thankful for recently at Shipley Center:

1) Getting a call from a local financial adviser letting me know that one of our dear members was sending their entire “Required Minimum Distribution” from their IRA to our building fund. By doing this as a direct transfer or “Qualified Charitable Distribution,” that member will wisely save on income taxes (on top of taking the standard deduction), as well as know they are helping Shipley Center!

2) Sheila, a delightful member, who shared her musical talent on the piano with us at our Oktoberfest. Her enthusiasm and ability to sing in various languages and genres were inspiring.

3) All those who help Kathryn run our Café: the volunteers who keep the Café going during the week, AND those who put in great numbers of hours to make our social events truly memorable. And let’s not forget those who help to decorate and set up and take down the tables and chairs!

4) Our wonderful, caring staff members and board directors

5) Our “Angel Financiers” who continue to respond to the call -- coming through the door with amounts from \$10,000 to \$100,000 and more to lend to us for the building project. I am thankful that they have put their trust in us to get the job done and to be repaid from the proceeds of the sale of our current Center in the future. \$360,000 has come in so far, and I look forward to helping more of you earn up to 4% for yourself, while helping us expand our capacity to serve, to have an even wider variety of activities in our new location, furthering Shipley’s goals of Friendship, Education, and Recreation!

6) Those who volunteer at our building site, doing whatever they can to move the process along, are especially worthy of our thanks! Every task done by volunteers saves us construction costs!

So . . . from all of us here at Shipley Center, we are thankful for YOU, and wish YOU and your family and friends a very Happy Thanksgiving, 2025!

Michael

Playing it Safe!

New member, John Wessel has been studying and/or teaching martial arts for over 50 years and has developed a **personal safety program** to teach seniors ways to protect themselves when perceiving danger.

Please call the office to express your interest in this valuable self-defense class. 360-683-6806

First meeting is Thursday, November 13 at 1:00 in the Front Room

CHRISTMAS LUNCHEON MENU

Christmas wedge salad
Sirloin medallions with wild rice
Skewered roasted vegetables
Winter berry-rhubarb crisp
Sparkling Cider



OUR NEW MEMBERS!

Maureen Ardron & Mark Millet
Larry Barnes
Olene Brame
Joyce & Thomas Burgin
Wendy Daley
Mary Dalgleish

Angela Dohey & Carl Menconi
Chris & Tim English
Kim Fallon
Gerald & Margot Gardner
David Kicklighter
Robert Kiellison & Carol Medicott
David & Cathy Lilosevich
Vickie Lynn
Pam McClure
Catherine McKinney &

Beth Walker
Robert Kiellison & Carol Medicott
Mark & Maureen Millet
Janet & Jim Perricone
Debbie & Robert Piccirilli
Judy Pratt
Paulette Roughley
Randall Reed
Margaret & Paul Santos
Allen & Penny Soares
Catherine McKinney & Beth Walker
Daphne & Richard Walters
Mary Webber
June Whitten
Judith Williams

WELCOME!

A message from the Benefit Sale Co-chairs Angela Jeziorski and Renee Millar

We would like to say "THANK YOU!" to three groups of volunteers who made this year's sale a tremendous **\$67,000** success!

First: A huge thank-you to our Core Volunteer Members who spent hundreds of hours gathering, sorting, pricing and organizing all of the items we sold. Ray Bentsen, Brian Davis, Cheryl Hamilton, Karen Hanson, Angela Jeziorski, Shirley Ledbetter, Richard Mansell, Greg Millar, Renee Millar, Daniel White, Jean Wolfe, and Rebecca Zander.

Second: Another huge thank-you to the Jefferson County 4-H family, Annabelle, Maggie, and Amber Miller. One of their missions is to do community service. This family put in over 100 volunteer hours. It is inspiring to have these young ladies work so hard to help our sale be a success.



Third: A final thank-you to all the member volunteers who helped the core volunteers on the sale days: Rena Blank, Lillian Chapman, Elaine Churchill, Margaret Cox, Beth Hemple, Deb Hudson, Sandie Kiehl, Jeani Penn, Karen Rose, Marion Rutledge, Diane Schonians, Patty Snyder, and Pat Urso.

Thank You TO OUR DONORS

Members Giving Monthly (MGM) Club!

GENERAL FUND	Richard Godsey	Debbie & Glenn Patterson	Dennis Westernen
Shirley Anderson	Karen Hanson	Mary & Steve Porter-Solberg	Mary Lou Westman
Theresa Bancroft	Donna Heien	Louise Potter	Leland White
Wanda Bean	Margot Hewitt	Mary Ellen Reed	Cindy & Dave Yarnchak
Roenah Blank	Deb Hudson	Linda Rees	BUILDING FUND
Cheryl Brown	Lois & Mary Huston	Marion Rutledge	Ken and Wendy Foster
Helen Bucher	Anne Kask	Molly Schwarz	Beth Glick
Beverly & James Cone	Jerry & Paula Koch	Pat Shook	Scott Johnson & Lauralee Wadsworth
Margaret Cox	Ron and Victoria Lane	Becky & Lynn Skilling	Philomena Lund
Larry Cross	Judy Lange	Elizabeth & Michael Smith	Jim & Natasha Nichols
Beth Culhane	Jim & Ruth Lavrakas	Miriam Spreine	Jill Palmquist
Bobbie Dahm	Yvonne Linnabary	Mimi Sutton & Butch Zelenka	Vicki Sheckler
Jacqueline Davis	Diane Lopez	Robbie Varney	Linda Strohm
Jane Felland & Michael Varon Felland	Carol & Peter Macrae	Susan Waldroup	Barb Uram
Barbara Filigno	Norma & Richard Michels		Ann & Scott Wells
Ren Garypie	Luigi Nicoloso		Anonymous

Recent General Fund Donors

JoAnne Alford	Duane & Ernylee Chamlee	Robert and Marcia Homer	Stephanie Stoltz
Shirley Anderson	Michael Coles	Sue Lohler	Rick & Kathi Vito
Maureen Ardron & Mark Millet	Stacey Fradkin	Judith Newman	June Whitten
Karen Boorman	Richard Godsey	Patricia Petit	Nick & Madelaine Yannaccone
Paul Butler	Loxie Gradillas	Lydia Rosen	
	Sandra Granum	Joyce Ryba	

Helping us Build

Chrystina Bruneau	Barbara Neswald	Linda Strohm
Scott & Lauralee Johnson	Rich & Chris Snow	Scott & Ann Wells
	Allen & Penny Soares	



In Loving Memory



Warren Benson	Hermann Laesser	Dave Platt
Judy Holcomb	Jerry Oliver	Lynn Skilling
Tyke (Virginia) House	Sharon Painter	Rosa Julia Swann
Margie Jaedicke	Janene Piecuch	Robert Scott

"IL Carosello Italiano"
An Interactive and engaging
class on daily conversations
while speaking Italian.
Thursdays 2:30-4:00
in the Art Room.



Spanish Class meets
Thursdays 9:30-11:00
in the Art Room.



Interested in Readers Theatre?

Join Ted Brown for
table reads (no memorizing)
of plays, old and new.
Reading stories, poems, and other
writing from participants adds to the fun!
Mondays at 12:00 in the Front Room.

Would you like to play POKER?

Please call the office at
360-683-6806, if you are
interested in joining
this activity!
Fridays at 11:30
in the Classroom.



Mahjong

New to Mahjong?

Call Diane Whitaker to arrange for
lessons: 360-775-6150

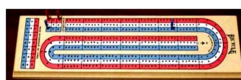
Ready to play Mahjong? Join in
every Wednesday from 1:00-4:00
in the Classroom.



EUCHRE
Every Thursday
10:00-12:00 in the Classroom
Just show up for
fun and laughter!

Cribbage

Led by David Squier



Tuesdays 11:00 to 1:00
In the Front Room

Bridge

Wednesdays 12:00-3:30
In our Front Room
Call Earl Karich: 360-582-7917
2nd & 4th Saturdays
6:30-9:00
Call Diana Smith: 360-775-5126

S₁ C₃ R₁ A₁ B₃ B₃ L₁ E₁

Join us every Thursday in the Classroom at 1:00!

PINOCHLE

Led by Vicki Kingsolver
Tuesdays at 1:00 in the Classroom



Games start
at 12:15 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.
Play Responsibly!

MEXICAN TRAIN

Mondays at 10:00 in the Classroom
Just show up and have fun with us!
360-683-6806



Hand
and
Foot



HAND AND FOOT
Fridays
9:00-11:00
in the Classroom



FOR SHIPLEY CENTER MEMBERS ONLY! Computer Clinic on Mondays, 1 to 3pm.

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

"Exercise is Fun!" with Barb Paschal**Education, Aerobics, & Stretching to Music!****Tuesdays 11:30-12:30 in our Main Room****Thursdays 9:30-10:30 in our Front Room**

15 minutes of health education on a variety of topics

30 minutes of easy and effective aerobics

15 minutes of quiet stretching exercises

Wear comfortable shoes and bring a yoga mat!

Line Dancing on Fridays!

10:30 to 12:15—High Beginners

12:30 to 2:00—Beginners

2:15 to 3:30—Basic Beginners

**TAI CHI CHUAN****Join Richard Chabot for this classic practice.****Wednesdays at 10:00****In our Main Room**

Come join Beth Glick for

ZUMBA GOLD**Monday & Wednesday at 11:00****Have YOU tried YOGA?**

EZ Yoga

Wednesdays and Fridays at 1:30

\$3 Members \$6 Non-members

**Ping Pong**

Tuesdays 1:00-2:30

Wednesdays/Thursdays 3:30-5:00

Sundays 1:30-3:00

All levels of skill welcome!

**Ukelele Play and Sing****Mondays, 1:00-3:00****In our Main Room****Fiber Arts****Tuesdays in our Front Room at 9:30****Fridays in the Art Room at 9:30****SENIOR SINGERS**

Senior Singers bring cheer to a different long-term care home every Friday afternoon. The faces "light up" and the people sing along to favorites of bygone eras at Avamere,

Sequim Health & Rehabilitation, and memory care communities, Dungeness Courte and The Cottages.

YOU are invited to join them. Call Jan Maxwell to find out more & meet the group at their next "gig!"**406-200-4304****Hula****Tuesdays 2:00 - 3:30****In the Dance Hall**

Members \$3, Non-members \$6

Please call Sandi Lazzaro for information.

360-809-3390

The gentle art of TAI JI

led by

Steve Arstad and Scotty Wells**10:00 on Tuesdays in the Main Room****Easy Stretching with Keoki**

This is a full-body stretch followed by guided relaxation.

This floor activity requires a yoga mat. A blanket is also recommended.

Mondays at 2:30 in the Front Room.**Book Sharing! Led by Barb Paschal**

Come with the name and author of a good book you would recommend to others ... and in a few sentences share why you found it to be a "good read."

Come listen to others in the group share their ideas about what books they have been reading and meet new friends along the way!

This group meets the first Thursday of the month.**1:00 to 2:00 in the Art Room.****BASIC MEDITATION CLASS via ZOOM!****Friday Mornings at 9:30**

A basic guided meditation class led by Jean Kipper.

Sponsored by *Dungeness Courte Memory Care*,

No class fee is required.

For more information call

360-683-6806



NOVEMBER 2025-WEEKLY ACTIVITIES

MON

TUE

WED

THUR

FRI



Shipley Center's Bad Weather Closure Policy

During these winter months we want to remind you about our Bad Weather Closure Policy.

It is always best to be prepared!

If Sequim School District says **NO SCHOOL** on their website, www.sequimschools.org then Shipley Center will be **CLOSED** for the **ENTIRE DAY**.

They will usually have this posted before 7:30am as a banner at top of their site or as a "pop up" announcement.

Note: Depending on conditions, we may ALSO be closed on some School **LATE START** days—

Call the Center after 8:30 am to check or go to our Facebook page: www.facebook.com/ShipleyCenter

3 9:00-Balance Class 9:00-Water Media Drop-in 10:00-Mexican Train 11:00-Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	4 9:00-SHIBA 9:30-Fiber Arts 10:00-Meet and Paint 10:00-Tai Ji 11:00-Cribbage 11:30-Exercise is Fun 1:00-N.O.W. 1:00-Ping Pong 1:00-Pinochle 2:00-Grief and Wellness Group 2:00-Hula	5 9:00-Balance Class 10:00-Diabetes Support Group 10:00-Tai Chi Chaun 11:15-Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	6 9:30-Exercise is Fun 9:30-Spanish Class 10:00-Euchre 12:15-Bingo 1:00-Book Share 1:00-Healthy U "Microbiome 101" 1:00-Scrabble 2:30- IL Carosello Italiano 3:30-NO Ping Pong	7 Holiday Bazaar 9:00-NO Balance Class 9:00-Hand and Foot 9:30-NO Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation (Zoom) 10:30-NO Line Dance (High-Beginner) 11:00-NO Zumba Gold 11:30-Poker 12:30-NO Line Dance (Beginner) 1:30-NO EZ Yoga 2:15-NO Line Dance (Basic Beginner)
10 9:00-Balance Class 9:00-Water Media Drop-in 10:00-Mexican Train 11:00-NO Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch 6:00-Line Dance Social	 Veterans Day HONORING ALL WHO SERVED SHIPLEY CENTER IS CLOSED TO HONOR OUR VETERANS ON THIS DAY. NO SHIBA SUPPORT AVAILABLE TODAY.	12 9:00-Balance Class 10:00-Investment 10:00-Tai Chi Chaun 11:15-NO Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	13 9:30-Exercise is Fun 9:30-Sewing 9:30-Spanish Class 10:00-Euchre 12:15-Bingo 12:30- Whole Foods Plant Based Group 1:00-Healthy U 1:00-Personal Safety/ Self-defense 1:00-Scrabble 2:30-IL Carosello Italiano 3:30-Ping Pong	14 Leo's is Closed! 9:00-Balance Class 9:00-Hand and Foot 9:30-Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation (Zoom) 10:30-Line Dance (High-Beginner) 11:00-NO Zumba Gold 11:30-Poker 12:30-Line Dance (Beginner) 1:30-EZ Yoga 2:15-Line Dance (Basic Beginner)

November 2025-WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
17 9:00-Balance Class 9:00-Water Media Drop-in 11:00-Mexican Train 10:00-Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	18 9:00-SHIBA 9:00-Singles Breakfast at Leo's 9:30-Fiber Arts 10:00-Meet and Paint 10:00-Tai Ji 11:00-Cribbage 11:30-Exercise is Fun 1:00-N.O.W. 1:00-Ping Pong 1:00-Pinochle 2:00-Grief and Wellness Group 2:00-Hula	19 9:00-Balance Class 10:00-Tai Chi Chaun 11:15- NO Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	20 LEO'S IS CLOSED 9:30-Exercise is Fun 9:30-Sewing 9:30-Spanish Class 10:00-Euchre 10:00- NO VETS Coffee 12:15-Bingo 1:00-Healthy U Advances in Dermatology 1:00-Scrabble 2:30-IL Carosello Italiano	21 Thanksgiving Luncheon 9:00- NO Balance Class 9:00-Hand and Foot 9:30-Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation 10:30- NO Line Dance (High-Beginner) 11:00-Zumba Gold 11:30-Poker 12:30- NO Line Dance (Beginner) 1:30-EZ Yoga 2:15- NO Line Dance (Basic Beginner)
24 9:00-Balance Class 9:00-Water Media Drop-in 10:00-Mexican Train 11:00-Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	25 9:30-Fiber Arts 10:00-Meet and Paint 10:00-Tai Ji 11:00-Cribbage 11:30-Exercise is Fun 1:00-N.O.W. 1:00-Ping Pong 1:00-Pinochle 2:00-Grief and Wellness Group 2:00-Hula	26 9:00-Balance Class 10:00-Investment 10:00-Tai Chi Chaun 11:15- NO Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	27  <i>for Thanksgiving</i> <i>Shipley Center is Closed!</i>	28



**COME
PAINT
WITH US!**

MONDAYS
 9:00-12:00
 Water Media
 Drop-in
 In the Art Room

TUESDAYS
 10:00-12:00
 Meet and Paint
 In the Art Room

TUESDAYS
 1:00-4:00
 North Olympic Watercolorists
 In the Front Room

THE NOVEMBER LINE DANCE SOCIAL IS MONDAY THE 10TH AT 6:00.



SUNDAYS
 PING PONG
 1:30-3:00
 STRAIT WHEELERS
 Square Dancing
 4:30-6:30

The **Sequim Accordion Social** will be held Sunday, Nov 9, 2025, 1:30-4:00pm at Shipley Center, 921 E. Hammond St. Join fellow accordion players and enthusiasts for an afternoon of music and dancing. The gifted Jakob Bean will be our featured player. \$5.00 suggested donation at door. Snacks and coffee will be provided. This will be the last social of 2025.



SATURDAYS
 BRIDGE
 2ND and 4TH
 Saturdays
 6:30-9:00



By Margaret Cox

Spotlight on Richard Chabot!

A friend of mine suggested I Spotlight a recent activity leader at Shipley Center, **Richard Chabot**, who was, at that time, co-leading the Wednesday *Tai Ji* class. Since then, he branched out on his own to lead the *Chair Qi Gong* group on Fridays at 9:30. AND, this month, Richard begins a *Tai Chi Chuan* class, Wednesdays at 10:00. (See information on p. 13.)

I was interested in experiencing what goes on in a Chair Qi Gong class, so after my Balance class on a Friday, I joined Richard's group. Expecting to be bored, "just sitting while doing arm movements," I was pleasantly surprised at how quickly the time went by, and how much better I felt after the class!

Who *is* this guy involved in teaching these Asian art and motion classes at Shipley?

Early Years: Richard was born, the second of four siblings, in North Carolina, his family moving to California shortly thereafter. He spent his boyhood school days in the Sacramento area, graduating from Sacramento High School. He says his family never did much, and to make life more exciting, he joined the Boy Scouts so that he could go to the mountains to camp and hike.

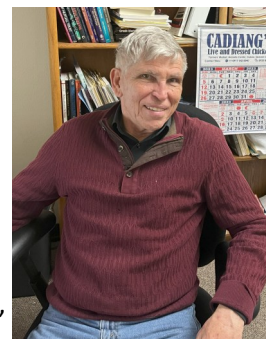
After graduation, it was off to Cal State Chico, where Richard earned a degree in anthropology. One summer, he took a low-paying job repairing bicycles in New Orleans, just for the experience of being in a new, vibrant place!

Off to the Work World: With his new degree, Richard couldn't find a job, so he went to Juneau, where he worked at The Prospector Hotel (that is no longer there) as a janitor. Then, back to Chico where he studied carpentry. He might have continued in that line of work if not for being offered the opportunity to go to Taiwan to study Chinese language and culture. This was to change the trajectory of his life forever! He stayed an additional year to teach English; then he attended the University of Hawai'i (UH) to earn an MA degree in Asian Studies.

Richard continued to study and learn all across the Pacific and Asia. After two years studying in Hawai'i, he taught English in mainland China, returned to Hawai'i to obtain his MS and PhD in Sociology, and oversaw refugee resettlement programs at an immigrant services center in Honolulu. There, he met Marina, who became his wife. The couple moved to the Philippines for a year so Richard could meet all of Marina's family there in Bulacan Province, just north of Manila. They'll be visiting again in February.

While Marina went on to obtain her MS in Demography, the statistical study of human populations at the London School of Economics, Richard returned to California to oversee the Community Studies Program at Humphreys University, a small private university in Stockton, CA. He remained there for almost 30 years. Upon attaining her degree, Marina worked at UC San Francisco as a data tech for the Department of Health.

Interest in Asian Martial Arts: Richard had experienced jujitsu and judo during his college years, and during his time in Taiwan, he participated in kung fu and tai chi. In the early 2000s, he took up taekwondo, but a knee injury brought him back to the calmer tai ji. He is eager to share his knowledge with others here at Shipley Center.



Continued on p. 13

Continued from p.12

Love of Hiking: Remember the Boy Scouts and hiking? Well, that was just the beginning of Richard's love of the outdoors! From the early 1970s, he and groups of friends regularly hiked the mountains of California and Washington: the Sierras, the Cascades, the Olympics. Fortunately, his wife shares his passion, and they hike somewhere every weekend, even in local parks, for a couple of miles! He gives Marina credit for his healthy lifestyle: "I would be much lazier without her. She forces me to eat salads and get out to walk." (Personally, I don't think there's too much force needed there!)

In fact, by the time you read this, Marina and Richard will have returned from a two-week hiking tour of Chile, Argentina, and Patagonia. They should have some wonderful tales to tell!

Coming to Sequim: When Richard retired, where to now? He was no stranger to Sequim, having hiked a lot in the area in the 1970s and visiting his sister, who has lived here for twenty-five years. (She is the wife of Father Bob Rhodes, the recently retired Priest of St. Luke's Episcopal Church!) Even back in the '70s, hiking on the Peninsula, he "knew Sequim was a special place." He convinced Marina . . . and they arrived here *just last year*! With their son practicing law in San Francisco, and with the beauty and depth of the Olympics surrounding them, they feel they "have truly found their paradise."



Hiking with family

The "New" Shipley: Richard is "excited, knowing Shipley is really expanding. Everything should be twice what it is today! Your Director has great foresight. With all the ideas everybody has, we can really make an impact on the city of Sequim."

P.S. Before leaving Richard's Chair Qi Gong class, I asked the participants if they had anything to say about the class or instructor, to speak to me after class. There was no hesitation! They ALL lined up to tell me: "wonderful," "awesome," "kind," "inspiring," "encouraging," "love moving the body, but don't have to stand." "Tell them that a group of people from Gardiner has come since the beginning. We think he's fabulous!" "We think the world of him and want him to continue." "A fun way to end the week!"

And a fun way to end this *Spotlight* about a fellow who says, "I never left school. Learning is a wonderful thing." That we should *all* be such lifelong learners!

Tai Chi Chuan Class with Richard Chabot

In this class, Richard teaches the basic moves that lie behind the art and motion of mainstream Chinese Tai Chi Chuan. The class is broken into three parts: stretching, practicing specific moves that make up a short form, and finishing with Qi Gong breath and body awareness exercises.

Beginners are welcome as are those more practiced in the art. Every class will provide the chance to expand mind/body awareness while experiencing a time-honored art practiced by millions around the world.



Wednesdays at 10:00 in our Main Room
This new activity begins November 5.
Please call to express your interest.
360-683-6806

Chair Qi Gong

For Balance, Flexibility & Mindful Focus

This gently guided Qi Gong group will focus its attention more to those with limited mobility, balance, and concentration challenges.



FRIDAYS AT 9:30 IN OUR FRONT ROOM

Led by Richard Chabot



1	Tom Iverson	7	John Koda	15	Angilina Jensen	23	DeDe Trandahl
	Deborah Labelle		Alice King		Gene Molatore	24	Pamela Abbott
	Reba Renner		Margaret Wallace		David Pierce		Liz Bernahl
	Kathy Strozyk	8	Linda Hackney		Charlotte Rockwell		Maureen Furey
2	Philip Capogna		Susan Klinger	16	Olga Awana		Steve George
	Cynthia DeNike		Don Zingg		Matthew Covella		Nancy Jackson
	Mayme Faulk	9	Patricia Bias		Abraham Liebson		James Jones
	Linda Livingston		Nancy Bull		Ted Lund		Joe McClung
	Diane Luoma		Marie Carlson		Merribeth Platt		Pamela Olson
	Kerrie McMillen		Donna Carson		Betsy Racoosin		Cathie Scanlon
	Patrick Russell		Becky DeSpain	17	Jean Cain		Judy Stevenfeldt
	David White		Bernita Hines (Thompson)		Lia Kison		Margaret Walline
3	Ethel Endicott		Beverly Hooker		Kathy Larson		Janie Raye Wehman
	Joanne Eriksen		Edward Johansson		Hermann Madsen	25	Linda Couser
	Gloria Farmer		Cathy Kenney	18	Debra Oxford		Faye Hayden
	Julie Littlejohn		David McCallum		Teresa Fuentes		Mary Foster
	Kathleen Nicholson		Edward J Paige		Raema Roark		Pam Lutter
	Bonnie Stephens	10	Dan Lutter		Ardyce Sakimoto		Vicki Naumann
	Mark Smith		Debbie Piccirilli	19	Jennie Strachen		Kathy Robinson
4	Idona Baumann		Michael Repko		Brian Senff		Susan Sorensen
	Olympia Bunge		Tanya Reichenbach	20	Bernice Tucker		Geri Turk
	Sue Erzen		Margaret Thomas		Dorothy Dillman	26	Glenn Bullok
	Judith Lange		Thomas G. Collins		Sandy Johnson		Pam Fankhouser
	Sandra Littlehale	11	Wendy Foster		Pepper Putnam		Ruth Judd
	Greg Lorenzi		Rebecca Mckee		Doris Stuart		Karen Renk
	Charles Tom Marshall		Bonnie Pearson		Nick Yannaccone		Pauline Warren
	Diane Moore		Susie Snyder	21	Diana VanderByl		Jolie Will
	Dick Neal		Claudia Swing		Marie Chabot	27	Fumie Gage
	Carole Neidhardt		Sheryl Wussler		Bradley Dong		Meredith Miller
	Kathy Wagoner	12	Roxanne Butler		Stella Kowal		Sally Pearson
5	Mary Ann St Charles		Chantell Collins		Rodney Pabst		Linda Young
	Mary Clarey		Kit Maxwell		Melissa Petrina	28	John Duffy
	Diana Kohler		Thelma Sinnett		Nick Uram		Rev. Julia McKenna-Blessing
6	Diana Childs		Penny Stalder	22	Mary Whitehouse		Sarah Shepard
	Christina Heliker		Lowell Wickersham		Jerry Cange		Lee Yetter
	Margot Hewitt	13	Linzee Langsford		Mickey Elson	29	Waltraud Kessler
	Stephanie Jenkins	14	Charles Brown		Stephanie Harp		Sharron Simon
	Kathryn LaMar		Jim Nichols		Karen R Hull	30	Davi Evans
	Catherine McKinney		Terri Yost		Sharon Medsker		Patty Minshall
7	Kathleen Benedict	15	Ted Brown	23	Elaine Nichol		Steve Owen
	Donald Hanson		Ellen Doig		Colleen Pollock		Naydu Pabst
			Judy Gordon		Karen Grennan		Allen Soares
					Lloyd Hockett		
					Bertha Shindell		

AUTUMN WORD SEARCH

ANIMALS
BED
BOOKS
CARS
CHALLENGE
DAD
EARTH
FAMILY
FLOWERS
GRANDPARENTS
HEALTH
HEARING
HOME
LAUGHTER
MOM
MOON
MUSIC
NATURE
RAIN
SIGHT
SMELL
STARS
SUNSHINE
TASTE



L	E	R	D	I	D	N	V	I	K	B	S	T	E	A	C	H	E	R
X	Q	I	A	C	C	D	V	G	P	S	R	E	W	O	L	F	V	S
T	Q	Q	D	E	S	J	Q	E	S	L	A	O	R	G	U	Q	T	Z
A	R	Y	G	C	R	B	G	T	Z	T	C	O	J	U	Z	C	E	C
S	T	N	E	R	A	P	D	N	A	R	G	X	N	H	T	S	F	M
T	W	M	A	E	T	J	N	N	E	I	S	Y	P	Z	R	A	K	S
E	O	A	R	A	S	M	I	O	A	D	I	G	W	G	Y	A	N	E
H	B	S	T	M	X	M	C	T	O	I	V	E	A	N	Q	O	I	G
C	S	I	H	Z	A	B	Z	V	R	M	K	N	N	I	V	B	L	N
U	B	Z	Z	L	Z	N	O	I	T	A	C	A	V	D	Q	O	H	E
O	H	P	S	U	N	S	H	I	N	E	E	Y	N	A	L	Q	H	L
T	G	O	F	B	I	R	T	H	D	A	Y	H	X	E	K	T	U	L
D	E	P	Q	C	P	X	P	T	Y	K	H	E	A	R	I	N	G	A
X	X	C	T	H	G	I	S	L	F	A	M	I	L	Y	G	B	F	H
S	K	O	O	B	W	C	M	A	E	H	Z	U	G	S	V	B	E	C
X	F	R	Q	V	H	U	V	E	I	G	H	J	R	D	M	Q	U	D
D	G	N	S	O	S	I	N	H	V	T	M	S	F	S	E	O	H	S
S	Z	E	O	I	L	L	E	M	S	E	K	O	J	F	I	J	M	B
Z	Z	L	C	L	A	U	G	H	T	E	R	H	Z	P	H	L	A	A

WORD SCRAMBLE

URCOOPINCA _____	EMSITRACI _____
RDECI _____	YRACREBRN _____
LGMRIIP _____	REKA _____
COLIEETN _____	VTOE _____
LBOFOATL _____	ANUMUT _____
NFSGTFIU _____	SVEHTAR _____

HARVEST
AUTUMN
VOTE
RAKE
CRANBERRY
ARMISTICE

STUFFING
FOOTBALL
ELECTION
PILGRIM
CIDER
CORNUCOPIA

FIND THE HIDDEN OBJECT

There is a small picture of raindrops somewhere in the newsletter. Send your name, phone number and the page number where you found the item to



programs@shipleycenter.org.

You will be entered to win \$4 in activity bucks or Leo's Café bucks.

Please enter by November 14!





AVAMERE
OLYMPIC REHABILITATION
of SEQUIM

A PART of the AVAMERE FAMILY of ORGANIZATIONS

MISSION
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
Reaching to learn, grow and embrace and change
Teamwork, camaraderie and fun!

1000 South Fifth Avenue
Sequim, WA 98382
360-582-3900
www.avamereolympicrehabofsequim.com

Serving the
Olympic
Peninsula
for
Over 35 Years



- ♦ 24 hr Skilled Nursing
- ♦ Transitional Care
- ♦ Therapy Service
- ♦ Cardiac Care
- ♦ Ortho Rehab
- ♦ Long-Term Care

We accept Medicare,
Medicaid, most insurances
4 STAR Rated Facility by Medicare.gov



like us on facebook



BILLMAIR
HEATING AND AIR
Serving Clallam & Jefferson Counties

Call us for all your Heating and Cooling needs
Installation ~ Maintenance
Repair Service

Fully Licensed #BILLMMH846MJ



Bill Mair, Owner
Over 20 Years Experience

****MAIR rhymes with "air"**
Locally Owned & Operated - Lifetime Peninsula Resident
www.billmairheating.com **(360) 683-4245**

Ridgeline Homecare Cooperative

Lifting each other to new heights of care

Alicia Campion
Administrator
360-504-3837
admin@ridgeline.com



RIDGELINE
HOMECARE COOPERATIVE



NATURE'S GIFTS

RETAILER OF FINE CANNABIS

WA STATE LICENSED MEDICAL CONSULTANT AVAILABLE
NOON TO 5:00 PM MONDAY THRU FRIDAY

www.naturesgifts420.com
360-797-1993

SENIORS ALWAYS RECEIVE A 25% DISCOUNT!

Pacific Rim Hobby



Model Cars-Boats
Trains-Planes-RC
Tools-Supplies
Puzzles-Rockets
TUES-SAT 11-3
360-457-0794

138 W Railroad - Port Angeles



Dylan Foxlee

Sewing Machine Repair

Pick Up and Deliver
Sequim and Port Angeles
(360) 477.5037



Your Lifestyle Your Family Community

***Our caring team looks forward to
providing you and your family
quality care and services from a
leader in senior living.***

**Call us today to schedule a tour
(360) 681-3385**

680 W. Prairie St., Sequim, WA 98382
trustwellliving.com



CALL OR STOP BY FOR A TOUR ANYTIME.



360-683-3345

WWW.THEFIFTHAVENUE.COM

- ♦ Active Retirement Living
- ♦ Staff on Duty 24/7
- ♦ All Utilities Included
- ♦ Restaurant Style Dining & Room Service Available
- ♦ Housekeeping Services & Maintenance
- ♦ Transportation to Nearby Errands and Medical Appointments
- ♦ Full Calendar of Activities & Events

500 W. HENDRICKSON RD. SEQUIM WA

Thinking About Selling Your Home?

I am happy to work with you
through the process of
selling your largest investment.



Claire Hathaway, Realtor
(Formerly Claire Koenigsaecker)

Best Choice
R E A L T Y

360-460-4903

Bigkname1@gmail.com

Providing excellent real estate service is what I do best. I have been awarded Best of the Best Real Estate Agents and 10 Best Real Estate Agents for Exceptional & Outstanding Client Service, year after year.

Rain Shadow Artisans

Annual Holiday Events!
Shop for uniquely created,
exceptional works of art
by local artists.

**October 11th &
November 15th**

**ShIPLEY Center
921 E. Hammond
St, Sequim**

**December
13th & 20th**

**Dungeness River
Nature Center
1943 W. Henderson,
Sequim**



10 am—3 pm

RainShadowArtisans.org

Sell Your Home with SASH Senior Home Sale Services

- ✓ Cash advance for immediate need
- ✓ Expert sorting, downsizing, packing & moving services
- ✓ No upfront or out of pocket costs: SASH covers costs along the way
- ✓ Renovations and repairs to raise your home's value
- ✓ Just move to your next home and leave all the hard work to me



Celebrating 20 years of
serving the senior community!

www.sashservices.com
Nancy@sashservices.com
360-721-4544



November HEALTHY U

Join us for these interesting and informative
talks by health professionals.

Thursday, November 6

Sherryl Chandley-Brown

**Board Certified Integrative Nutrition
Health Coach**

Presents: "Microbiome 101"

What is it?

Where does it live in the body?

What kind of bacteria is usually found in a
healthy gut?

What is dysbiosis and what causes it?

What autoimmune diseases are caused by
dysbiosis?

Healthy care and feeding of your gut
microbiome, including the use of prebiotics
vs probiotics.

1:00 in our Front Room

Thursday, November 20

Paragon Dermatology presents

**"Advances in Dermatology: Innovative
Treatments for Hair Loss and Aging Skin"**

1:00 in our Front Room



Gas, Pellet, Wood Fireplace Cleaning, Service, & Inspect.

Jeff Weed

360-461-8792

<https://www.ridge-pro.com>

\$\$**Shipley Investor Group**\$\$

The Investment Group meets twice a
month on the 2nd and 4th Wednesdays at
10 am in the Art Room. Come join us to
learn about economic and financial news,
and long term diversified investment
strategies suitable for your age, risk
tolerance, and investment objectives.
If you have questions, call Rich Snow at
360-710-6899.

Thank you for supporting Shipley Center.



Shipley Singles
Where Acquaintances
Become Friends!

**Singles Breakfast Gatherings are on the 2nd
and 4th Tuesdays of each month. Call Bobbie
Dahm at 360-477-0019 for
information and to sign up for either Tuesday.
On the second Tuesday we meet at a chosen
restaurant. On the fourth Tuesday we meet at
Leo's Café at 9:00.**

**Singles Lunch Gatherings are on the 3rd
Wednesday of each month. Call Robert
Drews at 360-670-9008 to sign up.**

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

<i>Michael M. Smith</i>	<i>Executive Director</i>
<i>Deb Hudson</i>	<i>Office Manager</i>
<i>Theresa Fox</i>	<i>Member Services Director</i>
<i>Reba Renner</i>	<i>Program Director</i>
<i>Debbie Patterson</i>	<i>Trips Coordinator</i>
<i>Beth Hempel</i>	<i>Member Services</i>
<i>Kathryn Kitts</i>	<i>Chef</i>
<i>Gayle Urban</i>	<i>Bookkeeper</i>
<i>Duane Cobb</i>	<i>Maintenance</i>

OFFICE VOLUNTEERS**CAFÉ VOLUNTEERS**

Elaine Churchill	Synnove Byberg	Susan Hunt
Marcia Cowan	Elaine Churchill	Renee Millar
Cindy Crossman	Cindy Crossman	Steve Romberg
Sandie Kiehl	Susan Geritz	Karen Rose
Nancy Madison	Cindy Grey	Colleen Weston
Brenda Peck	Karen Hanson	
Linda Rees		
Becky Skilling		
Linda Strohm		
Jan Trierweiler		

Bus Maintenance: Lou Foldoe, Daniel White
Bus Drivers: Raul Alexander, Janelle Kelly, Linda Marshett, Eric Mullen, John Sebastian, and Debra Smellie
Computers: Ray Bentsen, Joe Mirabella and Pat Urso

2025 BOARD OF DIRECTORS

President	Renee Millar
Vice-President	Beth Culhane
Secretary	Margaret Cox
Treasurer	Karen Hanson

Cindy Crossman	Steve Romberg
Angela Jeziorski	Miriam Spreine
Judy Lange	Linda Strohm
Theresa Nasmith	

Classifieds

**INSIDE/OUTSIDE/COVERED
RV/BOAT STORAGE RENTAL SPACE**
(360) 683-8912

MORT'S CONSTRUCTION

Small Job Specialist/Home Repair
 Joe Morton: 360-460-8068
 mortscs@yahoo.com
 Licensed and insured: MORTSCS751LJ

PERSONAL ASSISTANT

Retired gentleman available to run errands, do inside/outside work, provide transportation, etc.
 \$30 per Hour
Jason Smith 360-460-9941 or
jpsmithsa55@gmail.com

HOUSESITTING SERVICES

Retired woman seeking Housesitting Opportunities in Sequim between January-March 2026.
 Terms negotiable. References available.
 Please contact her at housesitter.leigh@yahoo.com or 310-634-7222

MAKE MUSIC

We have two donated accordions for sale.
 The large red one is offered at \$400 OBO.
 The smaller white one is \$250 OBO.
 Please contact programs@shipleycenter.org

**PLEASE NOTE:**

TECH SUPPORT AT SHIPLEY CENTER IS FOR MEMBERS ONLY.
 Non-members would need to join in order to take advantage of this service. Thank you for your understanding.

Shipley Center is not responsible for, nor does it endorse any business or service published in this paper. Articles written for this newsletter are the opinion of the authors & not necessarily those of Shipley Center or its Board of Directors. Shipley Center is a registered trade name of Sequim Senior Services, a WA non-profit corporation, Tax ID #91-1355592. Donations are tax deductible to the full extent of the law, under IRS Sec 501(c)3.



Front Desk: (360) 683-6806
Programs@shipleycenter.org
Office Hours: M-F, 9 am to 4 pm

Travel Desk: (360) 683-5883
Trips@shipleycenter.org
Office Hours: M-F, 9 am to 1 pm

Leo's Café: (360) 775-3883
Café Open M-F, 9 am to 2 pm



Established **QUALITY** care you can trust.

At Assured Hospice, we believe in caring for people, and people are far more than their medical conditions. Our team of clinical professionals is passionately committed to providing expert medical care, pain and symptom management, and emotional and spiritual support. We know the people we serve, understand their needs, and tailor healthcare to ensure the best journey possible.

Call us today for more information.



360.582.3796

*Serving Clallam and
Jefferson Counties.*

The Center News Sneak Peek...

Upcoming Events: Holiday Bazaar p.1

Thanksgiving Luncheon: p.1

Leo's Café News: Holiday Feasts p.3

Michael's Message: Thankfulness . . The Miracle
Drug p.5

Inclement Weather Policy: p.10

Calendar Packed with Activities: pp.10-11

Spotlight on Richard Chabot: pp.12-13

Puzzles and Fun: p.15

Trips and Tours: See Green Insert!

Sequim Senior Services, doing business as:

Shipley Center
921 E. Hammond Street
P.O. Box 1827
Sequim, WA 98382



Serving the Sequim-Dungeness Valley Since 1971

Be sure to visit our website at
www.shipleycenter.org
and enjoy our newsletter in **full color!**



www.instagram.com/ShipleyCenter



Find us on
facebook

www.facebook.com/ShipleyCenter

Non-Profit Org.
U.S. Postage
PAID
Olympic Mailing
Services

Shipley Center Trips

360-683-5883

Trips hours: 9-1 Monday – Friday trips@shipleycenter.org

M=Member, NM=Nonmember

November 2025

“November – the month where it feels like the world is holding its breath before the first snowflake. So basically, it’s the appetizer for winter”. We have some notable days ahead of us: Veterans Day, November 11th, World Kindness Day on the 13th, America Recycles Day on the 15th, and of course, our favorite day to eat all we want, Thanksgiving Day, November 27th! A gentle reminder – clocks go back one hour at 2:00 a.m. November 2nd.

Silverdale Shopping, Monday, November 10th - Debra will be taking us for a day of shopping, with lunch (on your own) at the Olive Garden, so get your shopping bags out and get ready to hit the pre-Christmas sales! Stops include Trader Joe's, Target, and the Kitsap Mall.

Departs 9:00 to approx. 4:00

\$42/M\$47/NM

Afternoon High Tea, Saturday, November 15th - Dahlia Cove Studio in Port Gamble’s historic (1871) Daniel B. Jackson House, serves a wonderful afternoon high tea, with all the specialty teas, sandwiches, and pastries associated with an old-fashioned English High Tea! As a bonus: shopping locally after the tea. before heading back to Sequim! If you missed out on the June 13th high tea in Victoria, this will be just as grand! Seating is limited – call Debbie in trips today to reserve your seat!

Departs 10:00am to approx. 4:00pm

\$110/M\$115/NM

The Point Casino, Tuesday, November 18th – Debra will once again be taking the Shipley fun bus to The Point Casino for a day of fun, food, and friends! We need at least 10 passengers to keep making this once-a-month trip happen! Note the new winter-hour times – 9:00 am to 3:30 pm.

Departs 9:00am to approx. 3:30pm

\$15 per person

Victorian Christmas Festival, Saturday, December 6th – The 37th annual Victorian Christmas Festival in Puyallup promises to be a delightful experience for all attendees. With a blend of festive entertainment, activities, shopping—and even a wine garden!—there's something for everyone to enjoy. The Singing Nativity is particularly enchanting, offering a unique and heartwarming performance. With so much to see and do, it's no wonder that the Victorian Christmas Festival is the perfect way to kick off the holiday season!

Departs 8:00am to approx. 5:00pm

\$61/M\$66/NM

IRVING BERLIN’S HOLIDAY INN, THE MUSICAL, Sunday, December 7th – Join our driver, Linda Marshett, for this classic special (remember Bing Crosby singing “White Christmas”?) held at the Tacoma Musical Playhouse for a Sunday Matinee! One of everyone’s favorite musicals, this is a great way to pass a December afternoon! I need a head count **ASAP** in order to get tickets before the show. We’ll be stopping for a meal (on your own) on the way back to Sequim.

Departs – TBA

\$85/M\$90/NM

ZOOLIGHTS at the Point Defiance Zoo, Tacoma, Thursday, December 11th - For those of you who have been there in the past, step back into the Zoolights tradition you know and love - the zoo transformed into a colorful winter wonderland with over a million lights! Come see the giant Pacific octopus, the massive tiger face, the flame tree, and the Seahawks tree! Visit the cafe and get delicious fried apple fries topped with whipped cream, drizzled with caramel, and sip hot cocoa. This trip is not to be missed! Linda Marshett will be our driver for this Christmas experience!

Departs 2:00pm to approx. 8:30pm

\$68/M\$73/NM

Clearwater Casino, Tuesday, December 16th – Come and join driver Debra for one last day of Casino fun for 2025! Remember, we need at least 10 people to continue planning this trip every month, so get on the phone and call your friends!! We are running winter hours – 9:00am to 3:30pm.
Departs 9:00am to 3:30pm **\$15 per person**

TRIP NOTES

PLEASE PARK IN THE GRASSY AREA ACROSS FROM THE CENTER WHEN GOING ON A TRIP, UNLESS YOU NEED TO PARK IN A HANDICAPPED PARKING SPACE. We have a lot of activities going on every day, and need to have room for people to park.

Please pay promptly when signing up for a day trip; due to the need to buy tickets earlier than usual, I will need payment asap for any of our trips. For our regional trips, a deposit will be required when you sign up.

When you see a trip in the Newsletter and it looks like you might want to go, call me, email me, or stop by the office right away! Get your name on the list! It's easier for me to take your name **off** than to put it **on** once it's full. And please keep in mind that, if you pass me in the hall and tell me to put your name on a trip, I'm likely to forget by the time I get to my office – I'm only human!

We are still looking for CDL and passenger endorsed bus drivers – if you, or someone you know, would like to be a volunteer driver, call Debbie in trips right away! Lots of perks!!

See you on the Shipley Bus!

Debbie

October trip to
the
Nordic Museum
and Troll



“In November, the smell of food is different. It is an orange smell. A squash and pumpkin smell. It tastes like cinnamon and can fill up a house in the morning, and pull everyone from bed in a fog.”

Cynthia Rylant