

## THE CENTER NEWS

A Monthly Publication of Shipley Center - August 2023



## **Shipley Center Luau**

Wednesday, August 23, 1pm \$19 for members \$21 for non-members



Entertainment provided by: Na Hula 'O Wahine' Ilikea

**Authentic Hawaiian Menu includes:** 

Tiny Poke Bowls, Shrimp and Teriyaki meatball skewers, HULI HULI Chicken, LAU LAU Pork Pockets Rice, Macaroni Salad, Fresh Fruit, Hawaiian Sweet Rolls, Pina Colada Bars, Pineapple Punch and Coffee!



Tickets available
August 1!

## **1ST SECURITY BANK**

Thanks to our sponsors: 1st Security Bank and Dungeness Courte Memory Care!





18th Annual

# Benefit



## MEMBERS' ONLY

Special SALE THURSDAY AUGUST 10 9 TO 1

## **OPEN TO THE PUBLIC:**

Friday August 11, 9 to 2 Saturday August 12, 9 to 2

We will also be open the same hours on August 18 & 19

Come to E104 in the QFC center across Washington St.

Benefit Sale Site Unit E104



## TRIPS & TOURS

**Debbie Patterson, Trips & Tours Coordinator** 

Shipley Center Trips: 360-683-5883

trips@shipleycenter.org







"Life is a journey" in German is "Das Leben ist eine Reise"

Life certainly takes us down many paths. Let's journey together on trips with Shipley friends!

Clearwater Casino, Monday August 21st: If you haven't gone on this Casino trip before, now is the time to try your luck!! Don will be taking this fun loving group - join in!!

Departs 9:00 am to about 4:00 pm

\$15 per person

Clearwater Casino, Monday September 18th: This will be Driver Don's last trip with the Shipley Center as he is retiring, so don't miss out on a fond farewell before he leaves! A great day to spend with friends and enjoy lunch at the Casino!!

Departs 9:00 am to about 4:00 pm

\$15 per person

Savannah/Charleston Presentation, Monday, August 28th, 3:00 pm: Sign up for this informative presentation for a trip to Georgia in March, 2024!! Call the trips office or drop by to be put on the list so we have enough seats set up. This will be a great spring-time trip to take with friends and family!

Harrison Hot Springs in BC, September 5-8: Includes 3 nights at Harrison Hot Springs Resort, a wonderful tea when you arrive, a Harrison Lake tour with available lunch, three breakfasts and dinner in the Copper Room. And of course, the hot springs pools, each one a different temperature! If you want to go on the boat tour, let us know when you sign up since there is an additional charge. You will need a passport or enhanced driver's license for this trip. Please call the trips office soon to give your passport or enhanced driver's license information since it is required before you get to the border. We will also need final payment by August 7.

Departs: 8:00 am

\$737 DBL /\$1056 SNG \$65 for boat

Mariners Game Senior Day - Wednesday September 13 - This trip includes your game ticket and a barbeque lunch. Let the trips office know if you want to join in the excitement of a Mariners game!! Hurry, this trip is filling up fast!

Departs: 8:00 am \$104 M/\$109 N/M

<u>Victoria Holiday, December 5<sup>th</sup> – 7<sup>th</sup>:</u> Victoria Holiday, December 5, 6, & 7. Many of you have already signed up for this wonderful trip! We will be calling those who are on our list, and at that time, we will need a deposit. When we call, we will have a final cost for you. There still might be room, so give us a call or email.

The trip has changed from previous years. Here is the info on what will be included:

- Shipley Bus to and from Coho terminal in Port Angeles\*
- Round trip on the Coho Ferry

Continued on page 3

### Continued from page 2

- 2 Nights at Hotel Grand Pacific
- Transportation and entrance to Butterfly Gardens and Butchart Gardens
- Dinner at Blue Poppy at Butchart Gardens

Meals (other than dinner at Blue Poppy) are not included, but there is a restaurant in the hotel and a coffee/pastry shop downstairs. There are also several places within walking distance for all meals. A map with local eateries will be included with the itinerary.

IMAX is a short walk from Hotel Grand Pacific, as well as the Royal BC Museum. There is usually a Gingerbread House competition within walking distance. A city bus or taxi could be an option if you prefer not to walk.

\*The first 24 travelers will be on the Shipley Bus; if more people sign up, they will have to drive or be dropped off on their own.

#### **BUS TRIP REMINDERS**

- Always wear your seat belt.
- Do not walk around while the bus is in motion.
- Please, return to the bus at the designated time, to keep everyone on schedule.
- And don't forget to tip the volunteer driver!!

## Looking forward to seeing you on the Shipley bus! Debbie

**Shipley Center Trips:** 360-683-5883

**NOTICE: ANY ACTIVITIES OCCURING ON** SEPTEMBER 5 OR 6 WILL BE IMPACTED BY PARKING-LOT WORK.

PLEASE KNOW THAT YOU WILL BE REQUIRED TO PARK ACROSS THE STREET. AREAS WILL BE DESIGNATED.

#### **BALLROOM DANCE CLASSES**

Every Wednesday starting September 9 6-9 p.m.

Weekly progressive classes One-hour instruction followed by

choreographed ballroom dancing. (Also called Round Dancing.)

Dance steps will be called by the instructor/

cuer Janolyn Keller

\$4 for Shipley Members \$4 for non-members For more information call 360-681-7300

## **Square Dance Lessons**

Starting Sunday, September 10

Time: 6-8 PM

Location: Shipley Center FIRST LESSON IS FREE Monthly Fees: Adults \$30

Children \$15

Scholarships available. For more information

contact: Janolyn Keller 360-670-5547



## CNC Router/Woodworking Forum

An opportunity for CNC Router users and other woodworkers to share information and resources with others. I've

learned so much from other woodworkers and enjoy sharing ideas.

For more information, please call Charles at

360-775-2288

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> 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





## 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

Sandwiches – served on Dave's Killer Bread or a Croissant \$10.

**Dilled Chicken** 

Reuben

Tuna

**Turkey Meatloaf** 

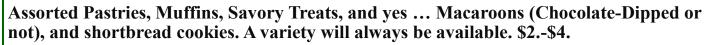
Veggie

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









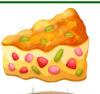




Beverages include coffee, teas, sodas, espressos, lattes, and Kathryn's Elixirs! \$1.-\$3.50

## Breakfast Bits 'n Bites, served 9am to 11am:

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).











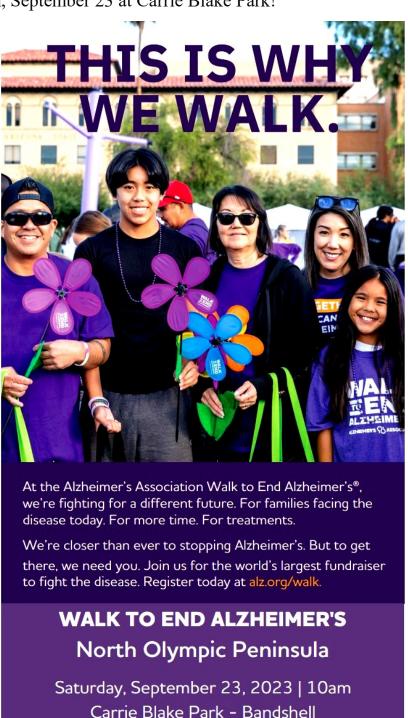


## Alzheimer's Walk in Sequim

By Michael Smith, Executive Director

Dear Members,

My father died two years ago this month of Alzheimer's. In honor of someone you know who suffers from or who has died from this awful disease, and to help find treatments and a cure, please consider participating in this year's Alzheimer's walk. It will be held right here in Sequim, September 23 at Carrie Blake Park!



202 N Blake Ave, Sequim, WA 98382





Questions? Contact Maddy mjcarr@alz.org | 425.230.4668 <u>act.alz.org/nop</u>

## How about something fun?

**UKULELE CLASS** meets every Monday at 1pm!





## Adult Tap I and II

Tap I Tuesdays 1pm-2:15

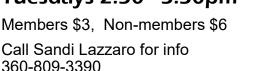
Tap II Thursdays 10:30am-12

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





## 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! 2nd & 3rd 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. Questions? 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.

#### CHAIR DANCING CLASS!



Taught by Donna Delleree.
Perform dance movements on and off the chair. Move your upper and lower body with the beat of the music.
Wednesdays at 12:15 in the main room.

If interested, call 360-683-6806

## **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.
9:30am on Thursdays





## Come join Beth Glick For **ZUMBA**

from 11am – noon Monday - Zumba Gold Wednesday - Zumba Gold 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.

Shipley Center Fiber Arts Group Helps First Step Family Support Center

## Healthy U! Class

Tuesday, August 8 11:30 to 12:15

Team Shipley: Lighter and Stronger

Let's do it together!

Goal: in 30 days we can all make a difference in the quality of our lives. How much of a difference depends on each of us.

Come and learn easy and proven ideas of how to have more energy, lose weight and inches, strengthen your muscles and bones, "de-stress", improve balance, and have less joint pain.



Taught by Barb Paschal, Retired Physical **Therapist** \$2 for members

\$4 for non members Registration required.

Call 360-683-6806







If you would like to make and donate

children, you are welcome to meet with the

Fiber Arts group in the Front Room at 10am on

For more information contact Judy Lange at

knitted, crocheted, and quilted items for

the first Tuesday of each month.















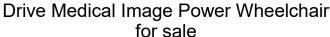












\$900. (Cost New \$3600.) Please call 360-775-8883 Or email ctaviaries@gmail.com



360-460-4755

## **Greeting Cards & Stamps Needed**

Donate your **NEW** greeting cards to our Card Coordinator.

We also gratefully accept donations of postage stamps new or old, of any denomination.

Please bring them to the front desk. Thanks!

**SHIPLEY CENTER'S** 13th Annual **Open House!** 



Save the Date and Bring Your Friends! Tuesday, September 26



Brand new flat free tires.

Foldable seat.

Padded armrest and headrest.

Adjustable seatbelt.

Reclines.



- Alice Crapo
   Mary Slater
   Christine Wrobel
   Jackie Yokote
- 2 Jerry Fagerlund Danny Fuller Gary Garrison Robert Hagan Arlene Havlark Jacqueline Middaugh Suzi Ure
- 3 Marcus Bonn
  Michael Crone
  Atha Gillanders
  Elizabeth Horvath
  Tom Lamure
  Carol Taylor
- 4 Mary Bell
  Rose Buteau
  Linda Frazer
  George Karlsen
  Darlene Mccarthy
  Bill Newblom
  Barb Stauffer
  Coral Wheeler
- Sue DannenbrockDonna OlsonKathie VirgilCarmelinda Wiley
- 6 Nancy Block-Olexick Donna Green Jean Wolfe
- 7 Patricia Ackerman
  Mark Dochnahl
  Carolyn Hawley
  Richard Higginbotham
  Arlene Honnold
  Bill Mueller
  Bonnie Svardal
  Dawn Wolff
- 8 Mary Berryhill
  Sally Cantrell
  John Erskine
  Sandy Hosmer
  Sheldon Mcguire
  Ann Moore
  Dolores (Dee) Tiemersma

- 9 Carole Crose Helga Meienberg Patricia Snyder Dottie Tiley Marcelle Witko
- 10 Dana Cowan
  Susan Fast
  Paul Jacobs
  Gail Manfredi
  Carol Spencer
  Roger West
  Ruth Weston
- 11 Linda Carrick
  Pamela Carter
  Tony Guerrero
  Harriet Hopgood
  Sharon Labrecque
  Therese Peifer
  Ed St Charles
  Walter Stetter
- 12 Albert Fisk Cindy Meek
- 13 Emily Beals
  Mary Allen Clark
  Susan Hannaly
  Ted Kueper
  Juanita Mulvey
  Evelyn Wolf
- 14 Robert Cain Dennis Ledden Jim Newport
- 15 Claire Alkire
  John Christian
  Mike Delian
  James Macki
  Judith Sigler
  Carole Slyh
  Diana Smith
  Mary Vie
- 16 Steven Blackburn Liisa Fagerlund Marsha Melnick Kyle Parrish

- 17 Tim Barber
  Helen Elliott-Stratton
  Cheryl Hamilton
  Dorrit Jensen
  Jean Lortz
  Louise R Potter
  Richard Smith
  Miriam Spreine
  Nancy Webb
  Ann Wright
- 18 Duane Chamlee Marcia Clockedile Helen Motokane David Otis Dick Thomas
- 19 William Haag
  Anne Hall
  Marilyn Hiestard
  Jean Marzan
  PamelaJune Rademacher
- 20 Diane Isaac
  Julie Knobel
  Tom Lundbom
  Renate Melvey
  Richard Michels
  SueAnne Nelson
  Elizabeth Taylor
  Tammy White
- 21 Lucinda Soha Steve Soha Jane Stewart
- 22 William Baughman Hazel Lowe Pepai Whipple
- 23 Amanda Beitzel Jack Clark Barbara Gresli Norma McGill Steve Tucker
- 24 Gary Emard
  Susan Hoglund
  Jean Kipper
  Cheri Martin
  Sharon Miller
  Linda Moeder
  Barbara Spofford
  Connie VanRoosendaal

- 25 Judy Naslund Jan Reichl Leslie Ringuette Brenda White
- 26 Gerard Cookson
  Sebert (Don) Jenkins
  Denise Kane
  Virginia Macher
  Patty Mowrey
  Melvin L Parks
  Sondra Spady
  Grant Waldron
- 27 Felix Arena Cheryl Beem Kathy Canavan Jean Emard Sandra Reabold
- 28 Ingrid Andres
  Karen Boorman
  Em Hutchins
  Ernie Kozun
  Steve Resende
  Sherri Smith
  Antoinette Teglovic
  Beth Zentz
- 29 Sandra Boren
  Susan Chamberlain
  Doug Crabb
  Woody Hill
  Barbe McClung
  Margaret A Norcott
  Sidney Rohlman
  Barbara Uram
- 30 Rene Becker
  Donna Conn
  Allen Johnson
  Juanita Romano
  Ann Salmon
  Gary Tucker
  Rick Vito
  Ann West
  Doris Wooley
- 31 Rosalie Camin Cheryl Dixon Jo Hendrickson Candace Pratt

## Community Announcements



## **Sequim City Band** FREE Concerts at the James! **Summer Series**

James Center for the Performing Arts outdoor stage in Carrie Blake Park August 13, September 9.

All concerts at 3pm. Bring a blanket or lawn chair.

## The National Federation of the Blind

Clallam County Chapter, is planning to hold their meetings at NATIONAL FEDERATION Shipley Center beginning soon. (Time and Date TBD)



This group meets to discuss ideas and suggestions to help seniors and people with disabilities.

For more information contact Kyle Parrish at 360-775-0958.

Single? Join Shipley's Singles Activities! August 16, 4:30 pm, Monthly Singles Dinner, Members \$15, Non Members \$20

Menu: Turkey meatloaf with gravy and roasted red potatoes, Succotash, Wedge salad Seasonal fruit dessert, Coffee Tickets can be purchased at front desk starting August 1.

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

Volunteer Hospice of Clallam County **SOUL CARE SPEAKER SERIES** 

"Validating End of Life Experiences" with Christopher Kerr, MD, PhD, CEO Wednesday Sept. 13, 2023, noon – 1:30 PM

> FREE - Online - SEMINAR Register online or call.

Information: astrid.r@vhocc.org or 360-452-1511

#### WOW! WORKING ON WELLNESS



2:00 PM - 3:00 PM Wednesday, August 9 **KSOM FM Radio Station 91.5 FM** 

"Rethink Your Position: Reshape Your Exercise and Everyday Movement One Part at a Time"

Katy Bowman, MS

## Caregiver's Support Group

Tim's Place caregiver support group meets once a month and offers caregivers a safe space for confidential discussion, listening, and education.

Facilitated by Debby Smith, the group meets the fourth Thursday of every month from 10:15am-12:00pm at Trinity United Methodist Church.

The group meets the same time as Tim's Place Respite, so their loved one will be cared for during that time.

For more information, please contact Debby Smith at debssmith825@gmail.com.

#### Sequim Free Clinic. No one turned away!

If you are sick or need care the *Basic Urgent Care* Clinic is open for walk-ins Mondays and Thursdays starting at 4:30 pm.

WHERE: Sequim Medical Plaza, 777 N. 5th Ave. Sequim. Turn in next to the copper domed building. Follow the signs to the SEQUIM FREE CLINIC in the very back of the building.

Get a number from outside the door when you arrive.

www.sequimfreeclinic.org 360-582-0218 Not for emergencies. Please call 911 if you have an emergency or go to the hospital E.R.



#### VETERANS COFFEE BREAK

The next two veteran coffee chats July 20, 2023, and August 17, 2023, have been postponed.

Meetings will resume on Sept. 21.

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

SHIPLEY CENTER—	The Center News	PAGE 10		AUGUST		
AU	<b>GUST 202</b>	3 -WEEKL	Y ACTIVIT	TIES		
MON	TUE	WED	THUR	FRI		
	9:30am-Fiber Arts 10am-SHIBA 10am- Tai Chi 10am- Watercolor-(Int) 11:30am-Cribbage 1pm- N.O.W 1pm- Ping Pong 1pm- Pinochle 1pm- Tap 1 2pm-Grief & Wellness Group 2:30pm-Beginning Hula	9am-Balance Exercise 9am- Water Media Drop-In 10am- Diabetes Support Group 11am-Zumba Gold 12:00pm-Bridge 12:15- Chair Dancing 1pm- MahJongg 1:30pm-EZ Yoga 2:00pm- Language Class	9:30 am- Tai Chi 10am- Euchre 10:45am-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 1:30pm-EZ Yoga		
9am- Balance Exercise 11am-Zumba Gold 1pm-Ukulele 1pm-Computer Clinic	9:30am-Fiber Arts 10am- Tai Chi 10am- Watercolor-(Int) 11:30am-Cribbage 11:30- Healthy U! 1pm- N.O.W 1pm- Ping Pong 1pm- Pinochle 1pm- Tap 1 2pm-Grief & Wellness Group 2:30pm-Beginning Hula	9am-Balance Exercise 9am- Water Media Drop-In 11am-Zumba Gold 12:00pm- Bridge 12:15pm-Chair Dancing 1pm- MahJongg 1:30pm-EZ Yoga 2:00pm- Language Class	9:30am-Sewing Class 9:30am- Tai Chi 10am- "Hooked On Fishing" 10am- Euchre 10:45am-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 1:30pm-EZ Yoga		
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#### **AUGUST 2023 -WEEKLY ACTIVITIES** TUE THUR WED MON FRI 21 **22** 23 24 25 9:30am-Fiber Arts 9am- Water Media 9:30 Tai Chi 9am-Balance 9am- Balance Exercise 11am-Zumba Gold 10am- Tai Chi Drop-In 10am- Euchre Exercise 1pm-Ukulele 10am - Watercolor-(Int) 12:00pm-Bridge 10:30am-Tap 2 9:45am-Fiber Arts 1pm-Computer Clinic 11:30am-Cribbage 1pm- Mah Jongg 12pm-Bingo 9:30am- Basic 1pm- N.O.W 1pm-Scrabble 1pm- Luau Luncheon Meditation (Zoom) 1pm-Ping Pong 10:15am-Line 2:00pm- Language 1pm- Pinochle Dancing-(Int.) Class 1pm- Tap 1 11am-Zumba Gold 2pm-Grief & Wellness 12:30 – Line Dancing Group -(Beginner) 2:30pm-Beginning Hula 1pm-Poker 1:30pm-EZ Yoga 28 **29** 30 31 10am- Tai Chi 9am-Balance 9:30am- Tai Chi 9am-Balance Exercise 10am-Fiber Arts Exercise 10am- Euchre 11am-Zumba Gold 10am - Watercolor-(Int) 9am- Water Media 10:30am-Tap 2 12pm-Euchre 1pm-Ukulele 11:30am-Cribbage Drop-In 12pm-Bingo 1pm-Computer Clinic 1pm- N.O.W 11am-Zumba Gold 1pm-Scrabble Mark your Calendars! 1pm- Ping Pong 12:00pm-Bridge Sequim Accordion 1pm- Pinochle 12:15pm- Chair Social will be held at 1pm- Tap 1 Dancing Shipley Center on 1pm- Mah Jongg 2pm-Grief & Wellness Sunday, September 10th from 1:30 to Group 1:30pm-EZ Yoga 2:30pm-Beginning Hula 2:00pm- Language 4:00. Class at the at the at the at the Saturday ノンケンケヤ ATTENTION CRAFTERS AND ARTISANS! HOLIDAY BAZAAR IS COMING August 4th &18th Friday, November 3 and Saturday, November 4 5:30pm -Strait 9AM-3PM

Time to get excited about the coming holiday season.

Vendor Packets will be available August 1 They will be "first come-first served." Register quickly to reserve a spot as tables will

Sell out fast.

360-614-5018 EXT 1005 Or Programs@shipleycenter.org

Wheelers-Line Dancing

August 12th & 26th Bridge 6:30pm



## Spotlight on . . . Denise Amos

This month's Spotlighted person is one you won't see around the Center very often. A behind-the-scenes employee, **Denise Amos** is Shipley Center's recently hired bookkeeper.

You may catch her as she checks in at the office or picks up lunch at *Leo's Café;* but other than that, she is out of sight, in her office. Although she is not on center stage, Denise's work is critical to the financial well-being of our organization.

\_\_\_\_\_

Denise was born in Seattle and brought up in W. Seattle until her teens. She was a precocious young woman, attaining her GED (High School Graduation Equivalent) at age 16 from the Job Corps, after which she attended Portland Community College!

It was at the College that one of Denise's instructors lit the fire of her interest in accounting! After a few accounting and computer courses, her first job was with an oil and gas company. Expecting to have been hired for her newly acquired computer knowledge (As this was at the beginning of the modern Computer Age, few knew "computers" yet!), she found what *they* wanted was good math skills with attention to detail so she could take over Distribution *manually*! "How old school!" Denise ended up computerizing that department!

Because of her deep commitment to Kingdom Hall volunteer work, Denise did not want to be held to a 40-hour work week, but a maximum of thirty hours. So, she had to convince her boss that computers were more reliable than a person. So, a programmer was hired, they worked together to develop a program . . . and she got to work her part-time job!

She met her husband at a Kingdom Hall meeting. From Alaska, new to that congregation, Mark impressed Denise with the great stories he told to interest the older people, the way he engaged young people in conversation, his spirituality, and strong faith. They both loved old things and old cars. Also, importantly, "We made each other laugh."

As it was important to them that they raise their family together, the couple agreed that Denise wouldn't work outside the home. So, she became the bookkeeper for his growing woodworking business.

Although she began as a volunteer employee, their accountant wisely advised them that Denise needed to be paid in order to develop a work history.

Denise and Mark raised five children—three sons and two daughters—four of whom still live in the Pacific NW, one son just recently moved to Kansas. Her youngest daughter, Asia, still lives with her in Port Townsend. No grandchildren yet . . . just her children's "granimals" . . . five cats, two dogs, and a rabbit!

The year 2009 . . . Life took a turn-about! Mark experienced a major stroke. While most would decry the loss, it was because of his condition that they were able to leave their high-pressure jobs, freeing up time for volunteer work with their congregation, together. When Mark got his cancer diagnosis, Denise and Asia became his shared caregivers.

Spotlight" continued from page 12

Again, with her faith-optimism, Denise says the disease had positive aspects, being able to attend their Kingdom Hall meetings by Zoom; and Mark had time for letter-writing and phone calls to others needing a spiritual uplift.

During this time, Denise signed with a Temp-Agency which provided her with several different short-term jobs, in Poulsbo, Sequim, and Port Townsend, until Mark passed away in September, 2022.

Now on her own, Denise realizing she needed a more stable work situation, an ad for a bookkeeper at Shipley Center on *Craig's List* caught her eye. She wondered, "What is Shipley Center?" She went to our website and was so surprised by what we are and what happens here!

Denise applied for the position, was invited for an interview, and impressed all those on the Hiring Committee . . . and was hired . . . and began work here

on May 30<sup>th</sup>.

After only six weeks, what are Denise's thoughts? "The job is more challenging than I expected, but I love challenges and learning new things, particularly as it's my first non-profit." She loves the friendly people here, and thinks *Leo's Café* is a big plus for socializing.

She is happy here, seeing how the organization enriches the lives of so many people who otherwise might be lonely. She is on board with the values of the Center, and is impressed with the Fiber Arts group's activities of making things to donate to worthy causes. "I would not work for a place if I did not agree with its values."

In her spare time, Denise enjoys reading—particularly books that teach her something—and sewing. "Sewing is good therapy, making something tangible with your hands. When I go into my sewing room, I leave the world's troubles behind." Her Mother-in-law restored and sold vintage lamps, which inspired Denise to create her own Etsy store, NorthernLightGenuine, selling vintage lamp parts.



Sculpture of a cougar that Denise enjoyed seeing in Santa Fe, NM

Welcome to Shipley Center, Denise! We are blessed to have you as part of our team; and hope you will grow into your position, enjoying your time working here, and will stay with us for many years into the future!





Shipley's seniors enjoying a trip to the Northwesternmost Point of the contiguous 48 states, Cape Flattery.

Photos by local artist and Shipley Center member, Judy Larimore.



## EUCHRE

**Every Thursday 10am-12** 

2nd & 4th Mondays 12-2pm

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!

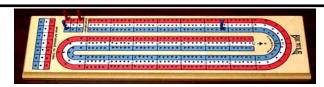
## COME AND TRY ONE OF OUR FANTASTIC AND FUN CLASSES OR GAMES!

## **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, C, R, A, B, B, L, E,

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!

## Thank You TO OUR DONORS

## Members Giving Monthly (MGM) Club!

Ronald & Wanda Bean Rena Blank Helen Bucher Barbara Cobean Margaret Cox Laurine Cooper-McGrew Larry Cross Jerry & Beth Culhane Roberta Dahm Jane Felland

Barbara Filigno
Charlotte L. Frazier
Ren Garypie
Richard Godsey
Donna Heien
Margot Hewitt
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Mary Huston
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# WELCOME

## NEW MEMBERS

Don Alexander Carolyn Almen Denise Amos Thomas Bailey Joanie Brooks MaryCelestina Mary Ellen Clark Donna Delleree Joy Filip Marty Fimmel Mary Ann Senn-Fimmel Arthur Goldstien Cindy Hancock David Heiler Roger Heroux Christine Higginbotham Richard Higginbotham Roger Huntman Fred Johnson Elaine King

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M	S	V	I	Q	Q	G	N	I	P	M	A	C	Н	U	M	I	D	E	N	P
Q	P	В	S	Н	S	Q	G	I	В	E	A	C	Н	В	A	G	L	O	C	D
K	O	A	Y	Н	T	U	Н	I	K	I	N	G	R	О	Н	T	I	S	S	N
A	L	R	W	D	O	S	N	V	L	R	L	F	D	M	S	T	M	U	U	A
E	F	В	C	A	R	R	W	S	T	L	A	I	В	A	O	I	O	N	N	S
S	P	E	$\mathbf{W}$	Z	T	G	T	I	Н	A	V	P	C	L	U	V	T	G	В	V
T	I	C	A	R	S	E	N	S	M	I	N	D	R	Z	N	R	P	L	U	A
A	L	U	T	Y	E	U	R	I	N	M	N	K	W	E	A	Y	E	A	R	F
N	F	E	E	F	Н	W	G	G	L	A	I	E	T	V	T	R	W	S	N	A
N	В	N	R	A	V	M	О	R	S	E	Y	N	E	О	W	A	Z	S	О	T
I	X	N	M	N	W	K	A	L	I	I	K	L	G	R	P	T	W	E	P	I
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I	В	T	О	В	В	U	F	I	F	C	U	О	Н	N	A	O	I	A	S	G
В	J	A	N	Н	O	L	О	P	Y	Z	E	S	U	C	S	F	L	G	I	N
J	U	C	C	P	I	C	N	I	C	L	D	C	Н	T	R	W	N	R	R	I
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J	E	V	D	R	E	S	S	E	S	U	О	E	S	A	K	C	J	Z	A	T
В	F	G	N	I	T	N	A	L	P	W	V	О	T	I	M	L	A	T	C	A
X	C	S	A	I	L	I	N	G	E	Q	E	G	В	I	M	Н	K	E	Н	В
S	R	E	W	О	L	F	E	L	C	I	S	P	О	P	K	J	K	C	В	D



PLANTING
POLO
POPSICLE
SAILING
SAND
SANDCASTLE
SEA
SHORTS
SNORKELING
SUNBURN
SUNFLOWER
SUNGLASSES
SUNSHINE
SURFING
SWIMMING POOL
TANK TOPS
TANNING
TRAVEL
VACATION
WATER
WATERMELON
WATERPARK



## **Summer Words**

ENSSOA	
ADLSSNA	
CAONE	
NETISCS	
EUSDOTI	
MLOIGBON	
ETTOEHASRK	: '
AKNWLIG	
GYRTNHDAI	



The summer camp counselor quit. He found the job a little in-tents.

Why was the camper disappointed when camp was over?
She wanted s'more of it.

Why do secret agents make the best pitmasters?

They have a license to grill!

What is a sheep's favorite summertime food?

Baa-baa-cue!

What is a frog's favorite summertime drink? Croak-a Cola!

Where is a hot dog's favorite place to stay on a summer vacation?

In his wiener-bago!

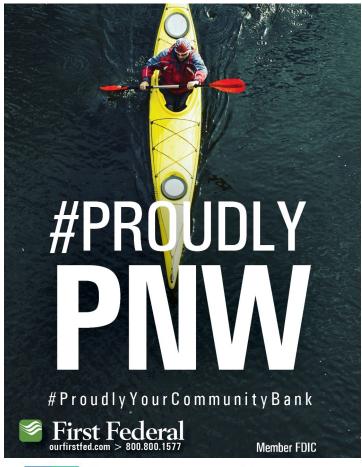
Who can you always count on to give you the best summer gossip?

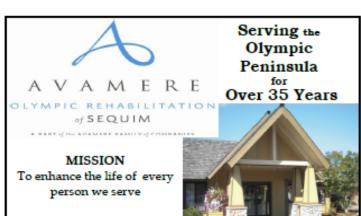
The ice cream man! He always has the scoop!

Do you think we should invite the corn on the cob to the summer barbecue?

Maize well!







## 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

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- 4 STAR Rated Facility by Medicare.gov







## Live in the Moment and Cherish today!

We aim to make every day a good day for each resident, by supporting and enabling a healthy living lifestyle.

You can expect a comfortable, secure homelike setting expertly designed for easy navigation and natural light. We encourage engagement and connection with our planned daily activities and events.

CALL US AT 360.582.9309 TO SCHEDULE YOUR PERSONAL TOUR

www.dungenesscourte.com

651 Garry Oak Drive Sequim, WA 98382

## Sound Dental Care

offers preventative dental care services at Shipley Center!

Sound Dental Care's team of Licensed dental Hygienists provide limited oral evaluations, dental cleanings, and other preventative procedures that one might receive at a dental office, on site at Shipley Center.



If you are interested in scheduling an appointment call Sound Dental Care at 206-745-3808, or go to

www.sounddentalcare.com

**NEW PRICE:** \$189 for cleaning and exam (including diamine fluoride treatment). She will honor the previous rate of \$149 for existing clients for their next appointments.

Answers to Word Scramble: season, sandals, ocean, insects, outside, blooming, heatstroke, walking, hydrating

## We bring HOME.

Call us today to learn more about hospice care.



Assured has been providing quality healthcare since 1978 360.582.3796







www.billmairheating.com

Amanda Hough 108 W. Alder Sequim, WA 98382

(360) 683-4245

360-683-5242

#### **FOOTCARE!**

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

**Footcare Days:** Tues, Wed, Thurs 8:30am -3:30pm

Please call Rhonda



**New Location:** 

Shipley Center's former Trips Office, park in front!

If arriving more than 5 minutes before your footcare appointment, please wait in the library.

Certified by WA Dept. of Health Pedicures **Manicures** 



A tactic to prevent unexpected nursing home costs from evaporating the family nest egg.

**Picture this:** Your spouse has made a permanent move to a nursing home. You don't have long-term care insurance, Medicare won't cover the cost, and you have too much money to qualify for Medicaid-but not nearly enough to afford the nursing home bills.

The monthly tab of \$8,000-\$12,000 for a semi-private room is rapidly depleting your nest egg. Now what?

This is where a Medicaid compliant annuity might rescue your retirement savings. You buy an immediate annuity owned by and payable to you

## that meets a number of specific requirements,

transforming cash that would otherwise prevent your ill spouse from qualifying for Medicaid into an income stream that helps you preserve your qualify of life. Medicaid starts covering the nursing home stay, and your monthly bills become manageable.

## Call 360-928-8489 to learn more.



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Lifting each other to new heights of care

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



## **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 Reha Renner Program Director Dee Mead Office Assistant Debbie Patterson Trips Coordinator Beth Hempel Member Services Kathryn Kitts Chef Pat Snyder Sous-Chef Denise Amos Bookkeeper Duane Cobb Maintenance Carrie Shields Janitor

#### OFFICE VOLUNTEERS

#### 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

## INSIDE/OUTSIDE/COVERED RV/BOAT STORAGE RENTAL SPACE

(360) 683-8912

## Wanted to Buy: Salmon/Bass Plugs/Lures

Interested in old tackle boxes Cash in Hand-Bill Sullivan 360-683-4791

## **House and Pet Sitting**

Reliable. Conscientious. Local and Retired. Call or text Sherry 360-775-6388

Need friendly, personal, reliable transportation? Call Catherine at 573-814-9854

## Find the Hidden Object

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

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

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

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: <u>info@shipleycenter.org</u> Office Hours: 9 am to 4 pm Travel desk: (360) 683-5883

E-mail: trips@shipleycenter.org

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







## The Center News Sneak Peek...

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www.shipleycenter.org

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