



# THE CENTER NEWS

A Monthly Publication of Shipley Center - July 2022



**50/50  
Raffle  
&  
Door  
Prizes**



**Shipley Center Luau**  
**Save the Date!**  
**Tuesday, August 23, 12:30pm**  
**\$12 for members**  
**\$15 for non-members**  
\*Tickets are non-refundable.\*  
**Catered by: Leo's Café**  
**at Shipley Center**  
**Entertainment provided by:**  
**Na Hula 'O Wahine 'Ilikea**



## Shipley Center's *Healthy "U"* series!

### What Proper Nutrition Can Do For You!

Monday, July 11, 10:45-11:30am

Join **Gloria Redmond, Retired Nurse Practitioner**

Using food as medicine to improve your health.



### Better Balance at Any Age

Monday, July 18, 10:45-11:30am

Join **Retired Physical Therapist, Barb Pascal**

Improve balance with a daily focus on three effective ideas.



**\$2 for members/  
\$4 for non members**  
Limit of 30 persons  
Registration is required.

### Happier and Healthier Knees

Taught by **Barb Pascal**

Monday, July 25, 10:45-11:30am

Teacher will demonstrate easy, safe and effective knee exercises.

Please call to  
sign up!  
360-683-6806

# News & Notes

**Beth Barrett, Trips & Tours Coordinator**



**SPOTLIGHT ON  
SAN ANTONIO  
HOLIDAY**  
December 1-5, 2022  
*Call for info.*  
**360-683-5883**



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

[trips@shipleycenter.org](mailto:trips@shipleycenter.org)

<https://gateway.gocollette.com/link/1094362>

Happy July everyone! Here we are, already starting on the second half of the year! How can that be? WOW! We have eight travelers going to Italy in October! There is still a little time to get on board for this one! I think since travel restrictions have been loosened a bit, it will make traveling Internationally more enjoyable.

Please remember that most businesses are still suffering with staffing shortages. Please have patience when you are on our trips. If you are on our bus, you are representing Shipley Center.

I would also like to mention that our drivers are volunteers! Did you know that? If you are on one of our bus trips, let them know they are valued; it is a big responsibility, if you think about it. You can also leave them a tip in the "Tip Tray" and I know they would appreciate your gratuity.

As far as local Shipley day trips coming up, we have our Clearwater Casino trip on the third Monday of July. Please sign up as soon as you can for the casino trip. We must have at least 13 to go, or it will be canceled. We also have two Water Limo tours. Check them out below:

**Monday, July 18:** Let's get over to ***Clearwater Casino*** once again! Join the fun; it's nice to get away for a day! Give me a call to reserve your seat. Don will be the driver, so hop on board!

**PLEASE, reserve NOW!**

**Leaves Shipley Center 9:00 a.m. est return: 4:00**

**\$15 per person**

**Leavenworth /Wenatchee Regional Trip: July 27 through 29**

As I write this mid-June, there are still some openings on this trip. Yippee! If you are interested, please call NOW to sign up.

You will visit Leavenworth on the first day and stay for several hours. Then, on to Wenatchee, where you will spend two nights. The next day our driver John, will bus you back to Leavenworth to enjoy the little village. Ask me about the optional tubing adventure down the Icicle River! If you would rather hang out in Wenatchee and check out the town, you can do that instead. Before heading home on Friday, we will make a stop at ***Ohme Gardens***.

We are staying at Holiday Inn Express both nights. They offer a breakfast buffet each morning and high-speed internet. Amenities include an indoor pool, whirlpool and fitness center! Please give me a call to reserve, or for info on NON-MEMBER prices. 360-683-5883

**Leaves Shipley Center Wed, 9:00am. est return: Fri, 7:00 PM**

**\$300 M-dbl / \$470 M-single**

**Wednesday, July 13, Protection Island:** Cruise with Capt. Charles Martin on the Water Limousine to Protection Island! Check out the puffins, harbor seals and other wildlife. Take in the gorgeous views from the water! This boat is fully enclosed and heated. This tour is about 2 hours.

**10:00 a.m. from John Wayne Marina, Slip E-15**

**\$80 M/\$85 NM**

**Continued on next page**

Continued from page 2

**Friday, July 15, Admiralty Light Tour:** Cruise with Capt. Charles Martin on the Water Limousine and get a history of three local lighthouses from the water. I'm sure you'll see wildlife too! This boat is fully enclosed and heated. 2 ½ to 3 hours. Great cruise!

**Departs: 10:00 a.m. from John Wayne Marina, Slip E-15** **\$95 M/\$100 NM**

**Monday, August 15:** It's ***Clearwater Casino*** time again! Give me a call to reserve your seat. This is a fun time for all...Don will be driving, so hop on board! **PLEASE, reserve NOW!**

**Leaves Shipley Center 9:00 am est return: 4:00** **\$15 per person**

**Cranberry Coast: October 11 -14**

I call this one "Cranberry Coast" as we will visit a cranberry bog, among other activities, while on this trip. On the way to our destination, we will make a stop at the *Northwest Carriage Museum* in Raymond, WA. We then drive on to our hotel in Long Beach. *The World Kite Museum* is down the street from our hotel, and we will have a docent tour at the *Cranberry Museum and Gift Shop*. I have had many people sign up for this adventure already, so if you are interested, please call my office, 360-683-5883, or send me an email. Still working on this, so I will have a price next month.

**San Antonio Holiday: December 1-5**

Our last trip of the year is with ***Colette Tours***, December 1-5. Enjoy some holiday time in San Antonio! Your hotel is on the San Antonio River. We will visit Mission San Jose, the National Museum of the Pacific War and explore the Alamo. You can spend an evening at your leisure to enjoy San Antonio's beautiful Riverwalk. Includes three breakfasts and two dinners. There is still time to get on this ***San Antonio Holiday***. Eleven spots are already taken...call or email

[trips@shipleycenter.org](mailto:trips@shipleycenter.org) to reserve yours! **\$1,999 per person Double**  
**\$2,499 per person Single**

Check it out online: <https://gateway.gocollette.com/link/1094362>

If you know anyone with a Commercial Driver's License who would like to volunteer for our trips department, please have them call Shipley Center and ask for Beth.

More adventures coming your way....

*Beth*



**BENEFIT SALE! BRING YOUR DONATIONS!**

**No lines or waiting this year as COVID protocols are reduced!**



Thank you for all the nice donations already dropped off—we are going to have a GREAT Sale!

Did you know? Not all items we get are nice?

In order to have a profitable sale, we are ONLY able to accept clean, unbroken, working items.

Please don't take it personally if our volunteers do not accept all of your items. We are all in this together, seeking the best possible sale results for YOUR Center!

We are still looking for great quality furniture, sporting goods, tools, housewares, small appliances, lawn and garden items, and new or nearly new clothing and gift items.

Please **do not bring the following items**: pillows, 3-ring binders, plastic hangers, electronics, cords and wires, artificial flowers, picture frames, picture albums, framed pictures, Christmas items, and baskets.

We will continue to collect donations every Monday, Friday and Saturday from 10AM to 1PM until July 30<sup>th</sup>. We will be closed on Monday July 4<sup>th</sup>.



**Benefit sale dates:**  
**Thursday, August 11: 2:00pm to 5:00pm, pre-sale for members only**  
**Friday and Saturday, August 12-13 9AM to 2PM for the public**





# Leo's Café Menu

Monday-Friday 9:00 am-2 pm

**Dine in or take out! (360)775-3883**

See Leo's Café menu, photos, item descriptions,  
& ordering website: [leos.cafe](http://leos.cafe) or use QR code here:



Beef Cheeseburger (after 11am )	\$8.50
El Diablo Spicy Burger (after 11am )	\$8.50
Salmon Burger (after 11am )	\$9.00
BLT	\$7.50
Grilled Reuben (after 11am )	\$9.50
Chicken Salad Sandwich	\$8.00
Tuna Salad Sandwich	\$8.00
“Russ Fish” Tuna Melt	\$8.50
Crustless Veggie Quiche	\$6.00
PB&J	\$4.00
Soup and Salad	\$6.00
Biscuits & Gravy Breakfast (until 11am only)	\$6.50
Sausage, Egg, & Cheese Muffin	\$4.00
Breakfast Scramble (until 11am only)	\$6.50
Belgian Waffle	\$4.50
Veggie Quiche Breakfast	\$6.00
“Haystack” Breakfast (until 11am only)	\$5.50



## Sides:

- Soup Cup \$4.00, Bowl \$5.00*
- Side Salad \$2.00, Entrée size Salad \$4.00*
- Scrambled Egg (until 11am only) \$1.00 Bacon \$1.00 1 Piece of Toast \$.50*
- Hash Browns (until 11am only) \$2.00 Biscuit \$.75*
- Turkey Sausage \$1.00 Sausage Gravy \$1.00*
- Cottage Cheese \$1.50 & Peaches \$.50 Chips \$.50 Sundae \$1.50*
- Blondie \$2.00 Chocolate Brownie \$2.00 Scoop of Ice Cream \$1.00*

**Leo's Café has a new direct phone number! Please call  
(360)775-3883 for orders or any questions.**



## 2022's Fred Chan STEMM Scholarship Winners!

BY MICHAEL SMITH, EXECUTIVE DIRECTOR

Do you know that the late Fred Chan, a Shipley Center member and volunteer activity leader bequeathed a large sum of money to be distributed to two Sequim High School seniors each year? These funds were set aside by Fred, whose career was in Chemical Engineering, only for students planning to go into one of the STEMM fields: Science, Technology, Engineering, Mathematics, Medicine.

The Fred Chan STEMM Scholarships are in addition to the annual Shipley Scholarships funded separately with 10% of our successful Benefit Sale proceeds. (You can see a separate write-up about those winners, starting on page 12 in Margaret Cox's "Spotlight" article.)

Let me introduce you to two outstanding young students who are well on their way to making a big difference with their lives and talent. They are the recipients of this year's \$7500 Fred Chan STEMM Scholarship, which is renewable at \$7500 per year, for up to four years towards a bachelor's degree.



Fred Chan

### Petra Bernsten, Biotechnology Major

"I have been into science my whole life. I hope to impact this world of modern medicine by being a part of the growing field of biotechnology." When not focused on science, Petra has enjoyed competing in wrestling. Her coach observed, "... she has consistently demonstrated a desire to work hard at achieving the goals she has made for herself, both on and off the wrestling mat. Petra has earned the title of Team Captain through her natural leadership abilities." You may have seen Petra if you have dined at Stymie's Bar and Grill, where she is a server. "I chat and make daily conversations with the citizens of Sequim almost every day in the summer. During the school year, I typically work weekends." She enjoys hiking, or as she calls it, "Chasing Sunsets". She has explored every nook and cranny of Sequim and the surrounding area on her adventures. Petra has volunteered with food drives, the Honor Society, and in addition to becoming the Olympic League MVP in wrestling, has been on the Varsity Swim Team, and was once chosen as the Sequim Sunrise Rotary Student of the Month. She loves plants and nurturing them from cuttings, and her cat Frankie. She concludes her scholarship notebook with appreciation: "Thank you for considering me as a candidate for your investment in me. I am prepared and ready to blast into education at college!"



### Aidan Henninger, Psychologist or Exercise Scientist

"I recently signed to play soccer with the Catholic Franciscan University in Steubenville Ohio. I look forward to moving outside of my hometown and creating new memories while also gaining knowledge that will help shape my future career." Homeschooled through grade 10, Aidan enrolled in Peninsula College's Running Start program through Sequim High School. He graduates this year with both a high school diploma and an Associate of Arts Degree. He describes some of his strengths as "approachability, a strong work ethic, compassion, time management, motivation, enthusiasm, focus, dedication and faithfulness." If you have dined at The Oak Table, you may have eaten a meal prepared by Aidan, as he has worked his way up from dishwasher at age 15 to full fledged cook! He currently works as a wellness coach at the Sequim YMCA and is working to get his Personal Trainer Certification. Volunteer activities have included many hours at the Sequim Food Bank, and the Port Angeles Ice Rink. "I come from a family of 7 children and 2 parents, and I have set a goal to get



through college without incurring debt. This fall 3 of us kids will be in college at the same time. Every scholarship I earn will help me meet that goal and ease the financial burden on my parents. I will be a truly grateful recipient of your scholarship and a great steward of your generosity."



Scholarship committee members Mimi Sutton, Margaret Cox, Michael Smith, Renee Millar, and Angela Jeziorski are pictured with this year's Fred Chan STEMM Scholarship winners, Petra Bernsten and Aidan Henninger.



**Computer Clinic In Person**  
**Mondays 1pm to 3pm.**  
 Help with computers, tablets, smart phones and general technology questions. Free! **PC and Mac.**



**Adult Beginning Tap**  
 Thursdays from 10:45am-12:00  
 Members \$3, Non-members \$6

**TAP DANCE**

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

Questions: contact Sandi Lazzaro 360-809-3390

## Have YOU tried YOGA?

EZ Yoga-Fridays at noon



## 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 Tuesday, from 1 to 4 pm.

We work on our own paintings with our own supplies, sharing our experiences—we range from rookie to professional.  
 Activity fee: \$3 member; \$6 non-member.



## TAI CHI

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



Come and play every Thursday at 1pm!

S<sub>1</sub> C<sub>3</sub> R<sub>1</sub> A<sub>1</sub> B<sub>3</sub> B<sub>3</sub> L<sub>1</sub> E<sub>1</sub>

**Fiber Arts**  
**Tuesdays at 10am**  
**Front Room**



## Mahjonn

If you already know how to play Mahjonn please join us on Wednesdays 1pm-4pm.



Want to learn to play American Mahjonn? Classes are two hours. Class size is limited.

Questions? call Dianne Whitaker at 360-683-4945

## HOOKED ON FISHING?

Come and enjoy the exchange of information, tips and techniques for safety and catching your limit.

Everyone is welcome regardless of experience. Learn what natural wonders and water creatures we have in our backyard.

Contact Shipley Center to be put on the Interest List or Call Garry Blankenship 206-909-5137 10-4. NO Texts. Meeting at SHIPLEY CENTER Thursday, July 21 9:30-11:30am

## Creative Lettering Class

If you would like to learn a variety of styles of creative lettering, please call the Center at 683-6806. New class starts Fall 2022!

## SEWING CLASS

No Fee class led by Judy Lange!  
 Thursdays 9:30a-12p  
 Items made during class time will go to the Shipley Center gift shop. Help and advice will be available for personal sewing projects as well.



## WANT TO LEARN JAPANESE?

We are starting an interest list for those who would like to learn about pronunciation, grammar, and conversation. Call 683-6806 to get on the list.



Upcoming categories:  
 Classic Movie Quotes, Plane Facts,  
 Brand Mascots, Musical Presidents  
 and MORE!



Hosted by Michael Smith  
**THURSDAY July 14,**  
**at 3pm at the Center!**

# FOOTCARE OPEN!

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



Please call Rhonda  
 to make an  
 appointment!

**Footcare Days:**  
**Tues, Wed, Thurs**  
**Hours:**  
**8:30am –3:30pm**  
**Location:**  
**ShIPLEY Center**

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

- ◆ **Certified by WA Dept. of Health**
- ◆ **Pedicures**
- ◆ **Manicures**
- ◆ **Hand or Foot Massage**

## Raise money for Shipley Center when you shop online!

Start iGiving in 3 easy steps:

1. Join iGive.com for FREE at [www.iGive.com/ShipleyCenter](http://www.iGive.com/ShipleyCenter).
2. Shop online at any of the nearly 1600 stores in the iGive network.
3. Up to 20% of each purchase benefits your cause, and donation rates vary by store. No administrative costs, fees, no mark-ups. We promise, you'll never pay more to shop through iGive.

Shipley Center receives a check for up to 20% of each purchase! It's free, it's easy, thanks!



**30-Minute Massage**  
**available**  
**at Shipley Center.**

**Kate Danta H.H.P. Certified**  
**Massage Therapist**

\$35 for Shipley Members  
 \$40 for non-members

**Call Kate directly 858-437-2102**  
**(Back, neck and arms, no disrobing required)**

# 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 to help without changing your will.**

## Find the Hidden Object

Somewhere in this month's issue is a picture of a Patriotic Star!  
 It could be anywhere in the issue.



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

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

## What is MGM?

Together, our **M**embers **G**iving **M**onthly donors provide over \$1000. a month, or over \$12,000 per year, in much needed General Fund support!!!

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

Some donors are doing a dollar a day, which is \$30 per month. Some are doing \$50 or even \$100 per month. You can become a \$100 **MGM** donor at our new lower minimum of just \$8.34 per month!

For more information about **MGM** please call Michael Smith at 360-683-6806



- |    |   |    |   |    |   |
|----|---|----|---|----|---|
| 1  | Rena White<br>Earlene Hunter<br>Susan Lagerquist<br>Ben Van Horn                                  | 11 | Peggy Colegrove<br>Carl Mountain<br>Annie Cortez  | 23 | George Winn<br>Jerene Nelson<br>Douglas Bruce Rothwell  |
| 2  | Janet Wicker<br>Fritz Field<br>Mike Gooch<br>Rita Patton<br>Darlene Smith                         | 12 | Gary Eustice<br>Tom Mix<br>Karla Messerschmidt-Morgan<br>Margaret Miles   |    | Naida Baker<br>Carol Quaranta<br>Jean Kelley<br>Philomena Lund<br>Cyndi Ross  |
| 3  | Nelson Linnabary<br>Maggie Philichi<br>Ruth Messing<br>Jan Hintermayr<br>Diana R. Smith           | 13 | Philomena Lee<br>Carol Darby<br>Marilyn Van Patter<br>Debbie Minch  | 25 | Albert Camin<br>Judith Whipple<br>James Gift<br>Maura Mattson<br>Linda McCabe<br>Heather Minter                                   |
| 4  | George A Llewellyn<br>Ann Gray<br>Patsy SinClair<br>Sharon Blanken<br>Barbara Bolles              | 14 | Patricia Fletcher<br>Diane Lopez<br>Dee Simpson<br>Margaret Powell<br>James Hussey<br>Andria Richey<br>Mark Christian | 26 | J. Lynne (Josette) Clark<br>Winona Giersch<br>Bill Harrington<br>Sharon Robinson<br>Cathy Candia<br>Linda Dilley<br>Pamela Martin |
| 5  | Milton Patrie<br>Leon Lopez<br>Danny Halverson<br>Janet Lenfant<br>Marianne Nolte                 | 15 | Dale Herd   | 27 | Jean Emerson<br>Sue Cimino<br>Sandy Wallenfelsz<br>Michael Varon<br>Ruth Macy   |
| 6  | Fran Whelan<br>Russ Smith<br>Victoria Schroeder   | 16 | Jim Lemon<br>Loren Erpelding<br>Carolyn Temte<br>Barbara Lofstrom<br>Jerie Louie<br>Marilyn Hryciw                    | 28 | Georgia Batson<br>Larry Hobbs<br>Robert Baer<br>Barbara Bullinger<br>Bill Metzger<br>Patsy Blanchard-Adams                        |
| 7  | Leslie Menia<br>Joan Enoch<br>Gary Thurber<br>Philip Walker<br>Dr. Michael McCulla<br>Don Klinger | 17 | Susan Bradford<br>Steve Romberg   | 29 | L Pauline Olsen<br>Ruth Otis<br>Donna Campbell  |
| 8  | Margie Muller<br>Laurine Cooper-McGrew<br>Karen Herman<br>Colleen Squier<br>D'ann Gonzales        | 18 | Evie Vrieling<br>Alice Berejikian<br>Larry Martin<br>Joe French<br>George R Hood<br>Sande Freeman<br>William Shaw     | 30 | Jean Collinson<br>Linda Rees<br>Phyllis Bozzelli<br>Jackie Lanum<br>John Butler   |
| 9  | Tru Clinton<br>Betty Karlsen<br>Ann Radwick<br>Bea Albarado<br>Karie Petersen<br>Jon Lindstrom    | 19 | Johan Van Nimwegen<br>James Haus  | 31 | Ed Giersch<br>Mike McAleer<br>Gary Mitzner<br>Diane Goldberg<br>Elizabeth Mountain<br>Mary Potter                                 |
| 10 | Myrna Mantle<br>Sharyn Fuller<br>Mike Burr  | 20 | Martha Moyer<br>Maryann Stephens<br>Cindy Wallace   |    |   |
|    |   | 21 | JoAnn Sahs-Cavin  |    |   |
|    |   | 22 | Tom Dowdell<br>Gary Goff<br>Carrie Crawford   |    |   |





# Community Announcements

Dear Line Dancers,

Thank you so much for your expressions of sympathy when I had to leave in March for the sudden death of my brother. Unfortunately, not all of his affairs were settled and I have to leave again.



I miss line dancing! I do plan on returning to teach at Shipley Center, but I can't give you an exact date, maybe in August or September.

Thank you for your understanding!

Your Teacher, Jerie Louie

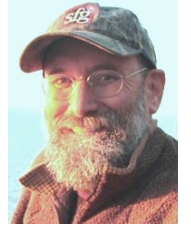
## WOW! WORKING ON WELLNESS

2:00 PM – 3:00 PM  
Wednesday, July 13, 2022

KSQM FM Radio Station 91.5 FM

“Looking At Our Past to See Our Future-Healthy Recipes”

Presented by Dr. Kip Tulin



The Encore! Adult Day Center is now open serving older adults with cognitive and/or functional disabilities.

Hours are 9am to 2pm, Tuesdays, Wednesdays and Fridays.

Caregivers in need of a break can bring folks for enriching activities, exercises, music, and a nutritious lunch in a safe and supervised setting.

Provided by Olympic Community Action Programs. The Arts and Minds Program is also starting up again on Thursdays for those concerned with early memory loss.

Program fees are reasonable.

Call Jim Couture at 360-457-6801 or email [jcouture@olycap.org](mailto:jcouture@olycap.org), for details on the Adult Day Center or the Arts and Minds programs



Why did Paul Revere ride his horse from Boston to Lexington?  
Because the horse was too heavy to carry!



The Sequim Accordion Social will be held at Shipley Center on Sunday, July 10th from 1-4pm.

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

A suggested Donation of \$5 is requested to help with room rental.

Our featured player will be Joe Schipani from Sequim.

No reservation needed.



Joshua and Caleb from the Sequim Food Bank load your donations into the truck. Thanks for donating quality unexpired food items for humans, and for the much-needed cat food too!

## Want to learn the basics of streaming TV?

- What is streaming?
- How does it work?
- What do you need to stream?
- Home internet requirements?
- TV requirements?
- How do I start streaming?



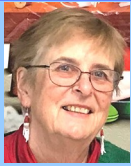
Local expert, Mike Murphy will answer your questions. This is a one time class. If you're interested in learning more about TV streaming please call to sign up at 360-683-6806.

# JULY 2022 –WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
		<p><b>All main room and dance hall activities are cancelled on July 1st due to the Independence Day Celebration! COME AND JOIN THE FUN!</b></p>		<p><b>1</b> 9:30am-Fiber Arts 9:30am– Basic Meditation (Zoom)  11:30- Independence Day Celebration 1pm– Creative Lettering 1pm– Poker</p>
<p><b>4</b> ShIPLEY Center Closed for the 4th of July</p>	<p><b>5</b> 10am– Inter. Watercolor 10am– Tai Chi 10am– SHIBA 10am-Fiber Arts 11:30am-Cribbage 1pm– Ping Pong 1pm– Pinochle 1pm– N.O.W</p>	<p><b>6</b> 9am-Balance Exercise 9am– Bridge Series 9am– Water Media Drop-In 12:30pm-Bridge 1pm– Mah Jongg 2:00pm- Language Class</p>	<p><b>7</b> 9:30am-Sewing Class 10:45am-Beg. Tap 12pm-Bingo 1pm-Scrabble</p>	<p><b>8</b> 9am-Balance Exercise 9:30am– Fiber Arts 9:30am– Basic Meditation (Zoom) 12p-EZ Yoga 1pm– Creative Lettering 1pm– Poker</p>
<p><b>11</b> 9am- Balance Exercise 10:45am– <i>Healthy U! -What Proper Nutrition Can Do For You</i> 1pm-Ukulele 1pm-Computer Clinic</p>	<p><b>12</b> 10am– Inter. Watercolor 10am– Tai Chi 10am-Fiber Arts 11:30am-Cribbage 1pm– Ping Pong 1pm– Pinochle 1pm– N.O.W</p>	<p><b>13</b> 9am-Balance Exercise 9am– Water Media Drop-In 12:30pm-Bridge 1pm– Mah Jongg 2:00pm- Language Class</p> <p style="text-align: center;">Protection Island Trip</p>	<p><b>14</b> 9:30am-Sewing Class 10:45am-Beg. Tap 12pm-Bingo 1pm-Scrabble 3pm– Jeopardy w/ Michael Smith</p>	<p><b>15</b> 9am-Balance Exercise 9:30am-Fiber Arts 9:30am– Basic Meditation (Zoom) 12p-EZ Yoga 1pm– Creative Lettering 1pm– Poker</p> <p style="text-align: center;">Admiralty Light Tour</p>

# JULY 2022 –WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
<p><b>18</b>                      9am- Balance Exercise                      10:45am– <i>Healthy U! -Better Balance at Any Age</i>                      1pm-Ukulele                      1pm-Computer Clinic</p> <p style="text-align: center;">Clearwater Casino Trip</p>	<p><b>19</b>                      10am– Inter. Watercolor                      10am– Tai Chi                      10am– SHIBA                      10am-Fiber Arts                      11:30am-Cribbage                      1pm– Ping Pong                      1pm– Pinochle                      1pm– N.O.W</p>	<p><b>20</b>                      9am-Balance Exercise                      9am-Mah Jongg Lessons                      9am– Bridge Series                      9am– Water Media Drop-In                      12:30pm-Bridge                      1pm– Mah Jongg                      2:00pm- Language Class</p>	<p><b>21</b>                      9:30am- “Hooked on Fishing”                      10:45am-Beg. Tap                      11am-Beg.Tap                      12pm-Bingo                      1pm-Scrabble                      2pm Board of Directors Mtg</p>	<p><b>22</b>                      9am-Balance Exercise                      9:30am-Fiber Arts                      9:30am– Basic Meditation (Zoom)                      1pm– Creative Lettering                      1pm– Poker</p>
<p><b>25</b>                      9am- Balance Exercise                      10:45am– <i>Healthy U! -Happier &amp; Healthier Knees</i>                      1pm-Ukulele                      1pm-Computer Clinic</p>	<p><b>26</b>                      10am– Inter. Watercolor                      10am– Tai Chi                      10am-Fiber Arts                      11:30am-Cribbage                      1pm– Ping Pong                      1pm– Pinochle                      1pm– N.O.W</p>	<p><b>27</b>                      9am-Balance Exercise                      9am-Mah Jongg Lessons                      9am– Water Media Drop-In                      12:30pm-Bridge                      1pm– Mah Jongg                      2:00pm- Language Class</p> <p style="text-align: center;">Leavenworth Wenatchee Trip</p>	<p><b>28</b>                      10:45am-Beg. Tap                      11am-Beg.Tap                      12pm-Bingo                      1pm-Scrabble</p>	<p><b>29</b>                      9am-Balance Exercise                      9:30am-Fiber Arts                      9:30am– Basic Meditation (Zoom)                      1pm– Creative Lettering                      1pm– Poker</p>
<p style="text-align: center;"><b><u>Saturday</u></b></p> <p><u>July 2 -Strait Wheelers-Line Dancing</u></p> <p><u>July 9-Bridge - 6:30pm</u></p> <p><u>July 23- Bridge- 6:30pm</u></p>	<p style="text-align: center; color: purple;"><b>Accordion Socials</b></p> <p style="text-align: center; color: purple;">1pm-4pm on these dates:</p> <ul style="list-style-type: none"> <li>• July 10</li> <li>• Sept 11</li> <li>• Nov 13</li> </ul>	<p style="text-align: center;"><b>DON'T MISS! Healthy “U”</b></p> <p style="text-align: center; color: blue;"><u>July 11</u>                      What Proper Nutrition Can Do For You</p> <p style="text-align: center; color: blue;"><u>July 18</u>                      Better Balance at Any Age</p> <p style="text-align: center; color: blue;"><u>July 25</u>                      Happier &amp; Healthier Knees</p>		



## Spotlight on . . . Seniors Helping Seniors

By Margaret Cox

Do you regularly shop the incredible bargains at Shipley Center's Annual Benefit Sale? Were you aware that 10% of the proceeds of our **senior** center's successful sale benefits Sequim High School **seniors**?

For the past 15 years, Shipley Center has been showing young people in our community that seniors care about them by awarding scholarships to deserving students. We began with being able to give only one scholarship; and are now up to five!

Every year, the Scholarship Committee is impressed with the level of maturity and excellence in Sequim High School's graduating class. We come away from evaluating their scholarship notebooks with the feeling that we'd like to be able to give financial aid to *all* of them!

Below are this year's five winners of \$1000 each. Enjoy reading about these remarkable students and what they hope to do with their lives:

**Abigail Carlson** who is interested in counseling or ministry says "I want to be devoted to people, providing a safe space for others to speak." Abigail was the Soroptomist Girl of the month, worked at Safeway, volunteered in the school library, kept up a very good GPA, played in the band, and even found time to perform for seniors at Sherwood Manor. Her piano teacher, who provided a reference for her, said "Abigail is a joy to be around. It is refreshing to meet a young person who is so positive about life and learning. She truly cares about everyone and she lights up the room with her smile." Abigail plans to attend George Fox University in Newburg, Oregon.



**Charles Logan** hails from a local pioneer family. "The rural character and population makeup of my hometown has shaped me into who I am today. Sequim's slow pace and trusting vibe has provided the unique opportunity to hear about the lives of others." Charlie, as he likes to be called, is going into Cinematography and Film Editing. He has edited short movies on youtube that have had over 3 million views already. He has led out in the school robotics club, and has volunteered at the Sequim Food Bank every Saturday for the past 2+ years. Stephen Rosales of the Food Bank says, "Charlie is an exceptional young man and a leader in every form of the word. His compassion comes through as he helps those who come to the food bank."

**Jose Ramirez** is interested in the field of criminal justice and hopes to become a US Marshall or serve in the US Dept. of Homeland Security. He works, serving seniors at Sherwood Assisted Living, and has volunteered countless hours at his church. He is bilingual and helped translate for those in his congregation who needed help signing up for Covid-19 vaccinations and testing. Jose says, "the scholarships Sequim gives out to students are a blessing—I am thankful. College is something I want to do because I want to help my community and show people that no matter what challenges come my way, I'll overcome them with faith and trust in God." Jose will attend Seattle Pacific University.



Continued on p. 13

“Spotlight” Continued from page 12

**Heidi Salgado** wants to be a teacher or social worker, “I want a career where I am able to help, work with and protect children. My family works very hard and are very excited for me to continue my education.” One of her references says, “Heidi is well-disciplined, on time, and is an excellent communicator, demonstrating great perseverance and initiative.” She is very active in her church, the Olor Fragrante Church, located in the building that used to be Sequim’s bowling alley. Heidi scored the highest possible score of 5 on her AP Spanish Test and has earned the Global Seal of Biliteracy.

She enjoys painting and drawing and has sold some of her works. “My art is always inspired by God’s creation, and I love to capture life’s beauty.”



**Gracie Sharp** has the ambitious goal of going into sports/exercise medicine. She would be the first in her family to attend college. She has served on mission trips with her church, and has lettered in Trap Shooting, Band, Gymnastics and Cheerleading. She says, “I have been a competitor most of my life. I love encouraging my teammates to work hard and represent our school. This last year I qualified for the national high school trap championships.” Her coach says, “The pandemic has not made it easy on today’s teenagers. Life changed drastically . . . and through it all Gracie stepped up to lead her team with compassion, knowledge, and flexibility. Gracie NEVER gives up.”

We are very glad to be able to help these wonderful young men and women pursue their goals. Thanks for your support of our Annual Benefit Sale as we share 10% of the proceeds with deserving high school seniors!

Scholarship committee members **Mimi Sutton, Margaret Cox, Renee Millar, and Michael Smith** are pictured with this year’s winners of \$1000 Shipley Center Scholarships; **Jose Ramirez, Charlie Logan, Abigail Carlson, Heidi Salgado, and Gracie Sharp.**



**HELP WANTED**

**Leo’s Café, here at Shipley Center, urgently needs volunteer servers!**

**As a thank you, for each day you volunteer, you can receive a free lunch!**

**Please call the Center or speak to Kurt in Leo’s Café.**



**MONDAY NIGHT IS STEAK NIGHT!**

Every Monday night, from 4pm to 6pm, Kurt will be firing up the grill at **LEO’S CAFÉ!** \$13.50 includes:

- \*8-ounce NY Strip Steak
- \*Loaded baked potato
- \*Side salad
- \*Soda or water

**Limited availability; reservations required!**

**360-775-3883**

## ITALIAN NIGHT ANYONE?

If you would be interested in an Italian Night Social please let us know.  
360-683-6806



### LEARN TO PLAY BRIDGE at Shipley Center!

Bridge – Wednesdays 9:00am – 11:00am  
New Series starting soon.  
\$75 for members / \$95 for non-members  
Please sign up in the office or by calling 683-6806.  
Space is limited. A book will need to be purchased.  
Contact Tim Berta – 360-452-4087  
email [jqbookwurm@gmail.com](mailto:jqbookwurm@gmail.com)

This Class is suitable for people who have never previously played bridge; and also for people who would like to brush up their skills.

Tim Berta has been playing bridge since 1968, and teaching bridge since 1992. He was qualified as a Director in 1993, and certified as a Teacher in 1994 by the American Contract Bridge League.  
He does his best to make it fun for everyone.

## PINOCHLE CLASS

Led by Lynda Moynihan  
Tuesdays from 1-4!



Anyone interested in joining us for a **Dance Social?**  
Please call the front office to sign up at 360-683-6806.

## POKER

Fridays at Shipley Center led by Pat Phillips.  
Still looking for more players to join.  
Friday at 1pm- 4pm.  
\$2 member \$3 for non-members



## COMPUTER LAB

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



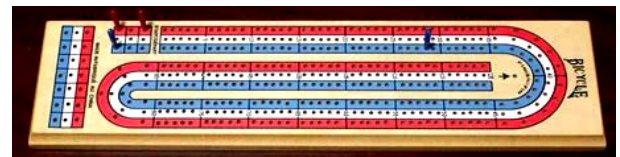
Ping Pong players would like to invite new players to come join & play Tuesdays at 1pm.

A huge thank you to Shipley Center for the new table!

## Balance Exercise

Improve strength, endurance, flexibility and prevent falls.

Led by Margaret Cox  
M-W-F 9am



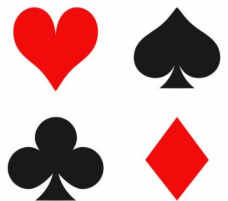
## Cribbage

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

## Bridge

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

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



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!

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### Health & Wellness Annex

Michael & Elizabeth Smith

### In Appreciation

For Kurt Engel  
from Mimi Sutton

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### Leo's Cafe

Robert Fezio

### Special Gifts

For Café Remodel  
from Rena Blank

# WELCOME New Members

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Patricia Anderson  
Judith Ashley  
Ohana Baley  
Beverly Beighle  
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Ivars Sarkans  
Diane Schonians  
Frank Schonians  
Doug Stebing  
Lynette Stebing  
Gary Syme  
Mary Syme  
Brenda White

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*Cletis Dietz*

*William Dohmer*

*Sandra Jones*

*Dolores Kutler*

*Frank Meek*

*Erica Schreiber*

*Karen Skinner*



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



- |                 |             |
|-----------------|-------------|
| APPLE PIE       | KETCHUP     |
| BARBECUE        | LEMONADE    |
| BEANS           | MATCHES     |
| BEER            | NAPKINS     |
| BIKES           | PARADE      |
| BROWNIES        | PASTA SALAD |
| BURGERS         | PIES        |
| CHARCOAL        | PLATES      |
| CHICKEN         | POPSICLES   |
| CHIPS           | PULLED PORK |
| COLESLAW        | RELISH      |
| CORN ON THE COB | RIBS        |
| CUPS            | SALADS      |
| DEVILED EGGS    | SALSA       |
| DIP             | SAUCE       |
| FIREWORKS       | SAUSAGES    |
| FLAGS           | SEAFOOD     |
| FORKS           | SHRIMP      |
| FRUIT           | SODA        |
| GRILL           | SPOONS      |
| GUACAMOLE       | STEAKS      |
| HOT DOGS        | STREAMERS   |
| ICE CREAM       | TOMATOES    |
| ICED TEA        | WATERMELON  |

# WORD SCRAMBLE

America!

- ICTNBROEELA \_\_\_\_\_
- TSSRA \_\_\_\_\_
- HFROUT \_\_\_\_\_
- CEDNEPNEIDEN \_\_\_\_\_
- DITARIONT \_\_\_\_\_
- SAAICLVNR \_\_\_\_\_
- ISENCOLO \_\_\_\_\_
- IROYTSH \_\_\_\_\_
- LCDOAETIANR \_\_\_\_\_
- AARPDE \_\_\_\_\_
- RSMEUM \_\_\_\_\_
- AIRCTTIOP \_\_\_\_\_
- ERKSFOIRW \_\_\_\_\_
- SAKESPRLR \_\_\_\_\_
- ONRCUTY \_\_\_\_\_




- What do you call an American artist?  
A Yankee Doodler.
- Why is it that the Statue of Liberty stands in New York?  
Because it cannot sit.
- Why is Abraham Lincoln considered the least guilty President?  
Because he's in a cent.

- Which is the highest rated flag?  
The American Flag. It has 50 stars.
- What rock group has four members who never sing?  
Mount Rushmore.
- What was the favorite food of patriots during the revolutionary war?  
Chicken Catch-a-Tory!
- Do you know why Americans never knock?  
Because freedom rings.
- Do other countries also have the 4th of July?  
Of Course! It's the next day after the 3rd of July.
- Which is the smartest state in America?  
Alabama. It has four As and one B.
- What did the flag say when it lost its voice on Independence Day?  
Nothing. It just waved.




**See Page 17 for answers to the Word Scramble!**





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Answers to Word Scramble:  
Celebration, Stars, Fourth, Independence, Tradition,  
Carnivals, History, Declaration, Parade, Summer,  
Patriotic, Fireworks, Sparklers, Country

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The Fed has raised interest rates.  
We are in a transitional period.  
“Are you concerned about having enough income to last throughout your retirement?”  
“Are you happy with the rate of return you are getting on your savings at the bank?”  
“What is most important to your retirement-income you can’t outlive or growth of your retirement savings?”

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**THE CENTER NEWS** is published monthly for the Shipley Center, a non-profit organization at 921 E. Hammond St, Sequim. Deadline for articles is the 15th of the month.

**OUR MISSION**

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

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

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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](mailto:newsletter@shipleycenter.org)  
All submissions are subject to editing.

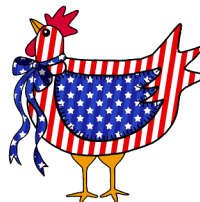
# Classifieds

**FEMALE SEEKING FEMALE CRUISE MATE**  
for 33-day ICELAND/NORWAY in 2023 and/or  
94-day SOUTH PACIFIC Jan. 2024.  
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**What does a patriotic rooster say?**  
**Yankee Doodle Doo.**

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**The Center News Sneak Peek...**

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