



# THE CENTER NEWS

## A Monthly Publication of Shipley Center - September 2025

IT'S NATIONAL SENIOR CENTER MONTH 2025\*

AND SHIPLEY CENTER IS READY TO SHOW YOU  
WHAT WE'VE GOT!

JOIN US FOR OUR ANNUAL OPEN HOUSE!

**"SHIPLEY'S GOT TALENT"**

FRIDAY, SEPTEMBER 26, at 1:00.

This year's theme, "Flip the Script," on aging takes us to the stage where we demonstrate options for fun, connection, purpose and growth here at Shipley Center.

Come learn where we came from and where we are going. Enjoy our talent, take a tour, and enjoy treats. All on us!

Already a member? Please invite friends and neighbors.

Your arrival by 1:00 is appreciated!

\*See this month's Spotlight on page 12 for more information.



*2025*  
**OCTOBERFEST LUNCHEON**  
**FRIDAY, OCTOBER 10**  
**at 1:00**

**MEMBERS \$18**  
**NON-MEMBERS \$23**

**BEER GARDEN**

**FOR PURCHASE**

**Tickets go on sale Tuesday, September 16.**

**MENU**

**PRETZEL BITES**  
**BRATWURSTS**  
**SAUERKRAUT**  
**GERMAN POTATO SALAD**  
**CUCUMBER SALAD**  
**RYE ROLLS**  
**PLUM KUCHEN**

About our luncheons:  
We are unlikely to have tickets the day of the luncheon. Please purchase yours early so you are not disappointed.  
Seating is planned. Let us know who you wish to sit with or that you are interested in meeting new folks. No need to arrive early.

## TRIPS & TOURS

Debbie Patterson, Trips & Tours Coordinator

Office hours: 9 to 1 Monday-Friday



Shipley Center Trips: 360-683-5883

[trips@shipleycenter.org](mailto: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](mailto:rbookter@ourfirstfed.com)



**Nicole Pruden**

Branch Manager

Sequim Village

NMLS# 1560819

[npruden@ourfirstfed.com](mailto:npruden@ourfirstfed.com)



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Adult Day Stay Program, 7 days a week  
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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](http://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!

Our Retro Summer Classic BBQ with cool cars, great food, silly fun,  
and our ever present pie raffle, all happened here on August 8!



Special  
Thank You's to  
Leo's Café  
Volunteers for  
another great  
luncheon.  
**BRAVO!**



Happy Birthday Sheldon!

Thank you  
classic car sponsors:

Don and Donna Alexander

Gerrard Cookson

Cheryl Hamilton &  
Craig Paulson

Jennie Strachen



**That's the spirit!**

Roger and Virginia  
peek from the past.

Alicia models her  
Classic poodle skirt!

**"26"**

the number of volunteers who  
worked to make this event  
happen.



Raffle winners  
took home a pie!



What a great team!



***Please note that our front cover announces our upcoming special events.***

# Community Announcements



## ARE YOU READY?

Relative to the Cascadia Subduction Zone (CSZ), 2016 data revealed there was a 10% chance of a 9.0+ and a 33% chance of an 8.0+ happening in the next 50 years. However, the **overall risk** (combining CSZ and other local faults like Lake Creek Boundary) is higher than 50% for a major earthquake and/or possible tsunamis. As neighbors, we are all going to be on our own immediately following a disaster, but wouldn't it be better to be on our own **together**? **Clallam Ready Sequim** is here to teach us how to be prepared.

Join us in the Shipley Center Front Room on October 30, 2025 at 10:00am for this important informative talk. Call the Front Office to sign up. Class size is limited to 30. No fee.

## WOW! WORKING ON WELLNESS

\*\*\*\*\*THE FORUM\*\*\*\*\*

KSQM Radio Station 91.5 FM

September 10, 2025, 2:00-3:00pm  
"St. Vincent de Paul's Helping Hands"

Speaker: Edward Koszykowski, President

## The September meeting of the Sequim Diabetes Support Group

will be held at Shipley Center in the Art Room  
**Wednesday, September 3, 10am-11am.**

A general meeting with very helpful information, this event is open to the public and free. Any monetary contributions are given to Shipley Center for the use of the space. Next month's meeting is October 1.

## Volunteer Hospice of Clallam County

### Empower Yourself Workshop Series (Sept 8 - 29)

VHOCC is offering a free series of four weekly workshops Mondays, beginning Sept. 8, to offer support and practical advice on everyday challenges for those who are living alone or anticipating living alone. Registration is required and may be done by calling 360-452-1511 or emailing office@vhocc.org.

## Whole Food Plant-Based Support Group

Meets at 12:30pm on the 2<sup>nd</sup> Thursday of the month.

**September 11: Eat the foods you love, regain your health, and lose the weight for good. Come and find out how to unlock the ultimate secrets for success. "The Starch Solution" proven by Dr. J. McDougall will accomplish this claim without drugs, costly programs or ridiculous yo-yo diets.**

**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

## The National Federation of the Blind Clallam County Chapter

meets every second Monday, from 12:30pm until 2:00pm  
at Radio KSQM in the Sunshine Room.

September's meeting will feature Justine Chorley from Clallam County Emergency Management Program.

Come learn about available resources.

For more information call

Kyle Parrish at 360-775-0958 or email him at  
kyle.novision@gmail.com



**VETERAN'S COFFEE BREAK!**

Please join us Thursday,  
September 18 at 10:00  
in the Shipley Library.

Sponsored by Assured Hospice

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

921 E. Hammond St. Sequim, WA 98382 Year 54, Issue #9

**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.

For Advertising rates and info, contact [programs@shipleycenter.org](mailto:programs@shipleycenter.org)





MICHAEL SMITH, EXECUTIVE DIRECTOR

## OLD DOGS, NEW TRICKS?

We've lived a while. Been there; done that. Weren't born yesterday . . . right?

We often have set ways we deal with—or choose not to deal with—situations in life.

But, could being set in our ways hold us back? Can an old dog really learn new tricks?

As a person enters retirement, they may have great plans for what they are going to do now that they no longer have to go to work each day. It sure would be nice to still be needed, but not need the paycheck. It would be great to still have a purpose and goals, but not have so many obligations. And so we launch into retirement, perhaps as eager as a kid on the first day of school, or perhaps as scared as we were jumping off the diving board for the first time during beginner's swimming lessons.

If we are fortunate and blessed, we might have someone close to share this road ahead with. If we find ourselves all by ourselves at this juncture, we may feel the journey into retirement to be more challenging, or more freeing, depending on what all we've been through to get to this point.

Those who choose to explore what a senior center has to offer often report that they feel a greater sense of purpose and connectedness to others, compared to those who just sit at home.

In fact, studies have shown that those who get up, get dressed, and get out of the house to connect with others at senior centers actually live longer and enjoy a better quality of life.

Shipley Center's focus on *Friendship*, *Recreation*, and *Education* has made it one of the most active senior centers that most people have ever experienced. What "new tricks" are being learned here? People who have never taught a class in anything are encouraged to share their wisdom and skills from their lifetime of work, and suddenly they are a volunteer activity leader, and are having fun doing it! Those who have wanted to learn a new game or skill try it out, making new friends in the process. Those with computer or tech skills share their knowledge, helping others on Mondays at our Computer Clinic.

**You may find that a senior center like Shipley Center is one of the best places to get moving!**

*"On the ground, a rock is just a rock. But when moving at high speed through the atmosphere, a rock becomes a meteor—alive with fire and burning bright. People are not so different. Without activity, we are lifeless and dull. When moving fast and taking action, we come alive."* ---

*James Clear*

One last thought from meditation teacher Light Watkins:

*"The advice shouldn't be to act your age. It should be to act your spirit. Your age may try to prohibit you from dancing like that, or starting over, or trying something new. But your spirit would never do such a thing . . . Acting your age makes you fit in more, while acting your spirit will indeed cause you to stand out—in a bad way to people who act their age, but in an inspiring way to those who act their spirit. Try acting your spirit from time to time, and you can see for yourself which path makes you feel more alive."*

By following "the path" to Shipley Center, you may find yourself feeling more alive and helping others do the same, through *Friendship! Recreation! and Education!*

*Michael*

## STRUGGLING TO HEAR WELL?

ARE YOU



Turning up the TV?  
Pretending you understand what someone is saying?  
Avoiding being in groups where many  
speak at once?  
Plan to attend a presentation by  
Harbor Audiology and Hearing Services  
**Thursday, September 4 at 1:00 in our Front Room.**

## Healthy U Healthy Aging



Spot the Spot

Skin Cancer Awareness.

ABCDEs of melanoma and the importance  
of regular skin checks.



Join Shelly Melody, ARNP and  
Daria Karas, PA-C as they promote our  
understanding of the importance of skin  
care for health and longevity.  
**Thursday, September 19  
1:00 in our Front Room.**

## 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**

## Thriving in the Body You've Got!

**1st and 3rd Thursdays at 9:30 in our Front Room**

This is a Shipley Center Support Group  
for persons who have physical challenges such as  
tremors, neuropathy and other mobility and  
functioning issues.

Group leader, **Martha Moyer**, is a retired clinical  
social worker with extensive experience supporting  
families struggling with various brain disorders and  
physical challenges. To learn more, please call the  
office and ask to speak to Reba Renner. 360-683-6806

## OUR NEW MEMBERS!

Sandy Alatorre	Kathy Laas	Susan Pressman
Raul Alexander	Kathy LaRocque	Patrick Pritchard
Mary Aulet	Russ LaRocque	Tanya Reichenbach
Janet Ballagh	Margaret Linz	Lynda Richey
Denise Bayer	Greg Lorenzi	Robin Ross
Brian Berg	Dan Lutter	Jeff Russell
Liz Bernahl	Pam Lutter	Missy Russell
Glen Bowers	Gary Martin	Ardyce Sakimoto
Steve Bringle	Jan Maxwell	Amanda Sandoval
Ann Burland	Nancy McAlinden	Shawna Saperstein
Ken Burland	Brianne McCarthy	Mary Ellen Standly
Mary Jo Camagna	Pete McCormick	Rick Standly
Wendy Carter	Connie McMurray	Jennie Strachan
Beverly Cunningham	Debora Mecham	Susan Teale
Sophia Engkvist	Phil Merlin	Dianne Trvett
Sharon Frazier	Leslie Miller	Ed Urbanski
Amado Fuentes	Ellen Neill	Trudy Urbanski
Thoralf Gamlem	Jim Neill	John Wessel
Toni Gomez	Crystal Owen	Daniel Witczak
Donald Hanson	Angela Perryman	Jamie Witczak
Renate Hanson	Sheila Pfister	Dolores Young
Sonya Hartig	Warren Pierce	
Joy Klimecky	Julie Powers	

**WELCOME!**

SHIBA representatives are available at  
Shipley Center on the first and third  
Tuesdays of the month, from 10:00am until  
noon, to discuss your Medicare questions.  
You may drop in.



# Thank You TO OUR DONORS

## Members Giving Monthly (MGM) Club!

### GENERAL FUND

Shirley Anderson  
Theresa Bancroft  
Wanda Bean  
Roenah Blank  
Cheryl Brown  
Helen Bucher  
James & Beverly Cone  
Margaret Cox  
Larry Cross  
Beth Culhane  
Bobbie Dahm  
Jacqueline Davis  
Jane Felland &  
Michael Varon Felland  
Barbara Filigno  
Ren Garypie

Richard Godsey  
Joel & Karen Hanson  
Donna Heien  
Margot Hewitt  
Deb Hudson  
Mary & Lois Huston  
Anne Kask  
Jerry & Paula Koch  
Ron and Victoria Lane  
Judy Lange  
Jim & Ruth Lavrakas  
Yvonne Linnabary  
Diane Lopez  
Peter & Carol Macrae  
Richard & Norma  
Michels  
Luigi Nicoloso

Glenn & Debbie  
Patterson  
Mary & Steve  
Porter-Solberg  
Louise Potter  
Mary Ellen Reed  
Linda Rees  
Marion Rutledge  
Molly Schwarz  
Pat Shook  
Lynn & Becky Skilling  
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Smith  
Miriam Spreine  
Mimi Sutton &  
Butch Zelenka  
Robbie Varney

Susan Waldroup  
Dennis Westernen  
Mary Lou Westman  
Leland White  
Dave & Cindy  
Yarnchak  
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Ken and Wendy Foster  
Beth Glick  
Scott Johnson &  
Lauralee Wadsworth  
Jill Palmquist  
Jim & Natasha Nichols  
Linda Strohm  
Ann & Scott Wells  
Anonymous

## Recent General Fund Donors

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Dorothy Dawson	Glenn & Debbie Patterson
Sterling & Jean Epps	Rosalie Preble
Bruce & Joanne Eriksen	Lia Robinson
Lorri Gilchrist	Darlene Sylvia
Richard Godsey	Kevin & Charlene Tracy
Bill & Tamara Harrington	Marilyn Zimmerman
RayDelle Kistler	

## HELPING US BUILD

George & Claire Alkire	Scott Johnson & Lauralee Wadsworth
Bruce & Joann Eriksen	Ingrid Lehrer
Pam Fankhouser	Scott McClelland
Garo Ghazarian	Elizabeth McDaniel
Stephen & Ivy Graham	Rosalie Preble
	Helen Rice
	Anonymous

## Special Gifts. Thank you!

Mary Bell in appreciation of  
Joe Mirabella for IT help.  
David McClelland for new tools to use in the  
construction of our new building.

QFC for a gift certificate to feed  
Benefit Sale workers.

## In Loving Memory

Kenneth Davidson	Dennis Henthorn
Alice Faye Gelbar	Barbara Muehl

**"IL Carosello Italiano"**

An Interactive and engaging class on daily conversations while speaking Italian.

Thursdays 2:30-4:00 in the Art room.

No Italiano August 21-October 16. Resuming 10/23.



**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.

**We are on summer hiatus until September 15th.**

**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 11:30 to 1:30**  
**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**

**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>**

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

**PINOCHLE**

Led by Lynda Moynihan

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**

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

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**

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!



## **Adult Tap II**

**Thursdays 10:30-12:00**

**In the Dance Hall**

Members \$3, Non-members \$6

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

Questions: Contact Sandi Lazzaro: 360-809-3390

## **Line Dancing on Fridays!**

10:30 to 12:15—High Beginners

12:30 to 2:00—Beginners

2:15 to 3:30—Basic Beginners



**Come join Beth Glick for**  
**ZUMBA GOLD**

**Monday & Wednesday at 10:00**  
**Friday at 11:00**

**(NO meetings 9/10-9/19)**



## **Have YOU tried YOGA?**

**EZ Yoga**

Wednesdays and Fridays at 1:30

\$3 Members \$6 Non-members



## **Ping Pong**

Tuesdays 1:00-2:00

Wednesdays 3:30-5:00

Thursdays 3:30-5:00

**Ukelele Play and Sing**  
**Mondays from 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 Richard Chabot**

**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



# SEPTEMBER 2025-WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
<b>LABOR DAY</b> SHIPLEY CENTER IS CLOSED! 	<b>2</b> 9:30-Fiber Arts 10:00-Meet and Paint 10:00-SHIBA 10:00-Tai Ji 11:30-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	<b>3</b> 9:00-Balance Class 10:00-Diabetes Support Group 10:00-Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	<b>4</b> 9:30-Spanish Class 9:30-Thriving in the Body You've Got 10:00-Euchre 10:30-Tap 12:15-Bingo 1:00-Book Share 1:00-Lecture on Hearing Health 1:00-Scrabble 2:30- <b>NO</b> IL Carosello Italiano 3:30-Ping Pong	<b>5 LEO'S IS CLOSED!</b> 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-Zumba Gold 11:30-Poker 12:30-Line Dance (Beginner) 1:30-EZ Yoga 2:15-Line Dance (Basic Beginner)
<b>8</b> 9:00-Balance Class 9:00-Water Media Drop-in 10:00-Mexican Train 10:00-Zumba Gold 12:00- <b>NO</b> Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	<b>9</b> 9:30-Fiber Arts 10:00-Meet and Paint 10:00-Tai Ji 11:30-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	<b>10</b> 9:00-Balance Class 10:00-Investment 10:00- <b>NO</b> Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	<b>11</b> 9:30-Sewing 9:30-Spanish Class 10:00-Euchre 10:30-Tap 12:15-Bingo 12:30-Whole Foods Plant Based Group 1:00-Scrabble 2:30- <b>NO</b> IL Carosello Italiano 3:30-Ping Pong	<b>12 LEO'S IS CLOSED!</b> 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- <b>NO</b> Zumba Gold 11:30-Poker 12:30-Line Dance (Beginner) 1:30-EZ Yoga 2:15-Line Dance (Basic Beginner)
<b>15</b> 9:00-Balance Class 9:00-Water Media Drop-in 10:00-Mexican Train 10:00- <b>NO</b> Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	<b>16</b> 9:30-Fiber Arts 10:00-Meet and Paint 10:00-SHIBA 10:00-Tai Ji 11:30-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	<b>17</b> 9:00-Balance Class 10:00- <b>NO</b> Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	<b>18</b> 9:30-Sewing 9:30-Spanish Class 9:30-Thriving in the Body You've Got 10:00-Euchre 10:00-VET's Coffee 10:30-Tap 12:15-Bingo 1:00-Health U 1:00-Scrabble 2:30- <b>NO</b> IL Carosello Italiano 3:30-Ping Pong	<b>19 LEO's IS CLOSED!</b> 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- <b>NO</b> Zumba Gold 11:30-Poker 12:30-Line Dance (Beginner) 1:30-EZ Yoga 2:15-Line Dance (Basic Beginner)

# September 2025-WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
<b>22</b> 9:00-Balance Class 9:00-Water Media Drop-in 10:00-Mexican Train 10:00-Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	<b>23</b> 9:00-Singles Breakfast at Leo's 9:30-Fiber Arts 10:00-Meet and Paint 10:00-Tai Ji 11:30-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	<b>24</b> 9:00-Balance Class 10:00-Investment 10:00-Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	<b>25</b> 9:30-Spanish Class 10:00-Euchre 10:30-Tap 12:15-Bingo 1:00-Scrabble 2:30- <b>NO</b> IL Carosello Italiano 3:30-Ping Pong	<b>26 OPEN HOUSE</b> 9:00- <b>NO</b> Balance Class 9:00-Hand and Foot 9:30-Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation 10:30- <b>NO</b> Line Dance (High-Beginner) 11:00- <b>NO</b> Zumba Gold 11:30-Poker 12:30- <b>NO</b> Line Dance (Beginner) 1:30- <b>NO</b> EZ Yoga 2:15- <b>NO</b> Line Dance (Basic Beginner)

<b>29</b> 9:00-Balance Class 9:00-Water Media Drop-in 10:00-Mexican Train 10:00-Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	<b>30</b> 9:30-Fiber Arts 10:00-Meet and Paint 10:00-Tai Ji 11:30-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	<div style="text-align: center;">  <p>SHIPLEY CENTER OPEN HOUSE 2025 FRIDAY, SEPTEMBER 26 AT 1:00</p> <p>Join us for entertainment, treats, and tours!</p> <p>Whether you wonder if there is a place for you here, or if you have already joined and wonder what to do next, this is an opportunity to see fun ways to connect with others. Join us. We'd love to see you here!</p>  </div>	
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Strait Wheelers begin their annual square dance lessons Sunday, September 7!

For more information please pick up a flyer from the bulletin board, or call Janolyn at 360-670-5547.



**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

**SUNDAYS**  
PING PONG  
1:30-3:00  
(NO Ping Pong 9/14)  
STRAIT WHEELERS  
Square Dancing  
4:30-6:30

## SEQUIM ACCORDION SOCIAL

Sunday, Sept 14, 2025 from 1:30-4pm at  
Shipley Center, 921 E. Hammond, Sequim WA.  
Join fellow accordion players and enthusiasts for  
an afternoon of music and dancing.  
The talented David Locke, from Whidbey Island,  
will be our featured player.  
\$5.00 suggested donation at door. Snacks and coffee provided.



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





## Spotlight on . . . Senior Center Month

By Margaret Cox

September is National Senior Center Month! It is a month to spotlight—and celebrate—all the positive aspects of America's senior centers.

This year's theme is **Powering Possibilities: Flip the Script**. From the National website: "Many people still hold outdated ideas about what senior centers are and who they serve. September is your moment to "flip the script." This "invites us to challenge outdated perceptions of aging and senior centers. It celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in later life."

"More than 10,000 senior centers across the country are leading this charge—flipping the script on aging by creating inclusive, engaging spaces where older adults thrive. From their beginnings in the 1940s to their recognition in the Older Americans Act in 1973 to today, senior centers have continually evolved to meet the changing needs of older adults and their communities."

**Senior Center Month:** So, how does Shipley Center align with the theme of fostering **creativity, connection, purpose, and resilience**? I thought I would check out our activities to see how they stacked up. Sometimes it was difficult to categorize an activity, as it would fit nicely into more than one category! Virtually *everything* at Shipley Center provides "connection" and "purpose," meeting with other people participating in a common endeavor. (Please forgive me if I've missed any activity in this article.)

**Creativity:** This is defined as "the use of the imagination or original ideas, especially in the production of an artistic work." Fiber arts and painting groups are probably most notable here, but I have also included those involved in the creative arts of music, dance, and theatre: ukulele, Senior Singers, line dancing, tap, hula, and Readers' Theatre.



Ukulele meets on Mondays.



Happy Euchre players

**Connection:** Games are fun ways to connect with like-minded individuals. Shipley Center is not lacking in games! Mah Jongg, Poker, Cribbage, Scrabble, Mexican Train dominoes, Hand and Foot card game, Bingo, Euchre, Ping Pong, Bridge, and Pinochle.

Social groups provide meaningful connections: Shipley Singles, Spanish and Italian language classes, Book Sharing, Veterans' Coffee Break, Leo's Café, special events, and luncheons.

And, what greater connection can you have than travel? Check out the monthly "menu" of exciting places to travel, both locally and globally. Connections are made among fellow travelers, as well as with people and places outside your usual environment!

**Purpose:** Social isolation and loneliness in elderly individuals are significant public health concerns, impacting physical and mental well-being. They are associated with higher risks for high blood pressure, heart disease, depression, and cognitive decline, as well as other conditions.

On the other hand, "Your purpose is the reason you get out of bed in the morning, the driving force behind your actions. It is giving meaning and direction to your life, helping you make decisions that align with your values." *Every activity at Shipley Center provides purpose*, a reason for someone to get up, get going, get out of the house, to socialize in a meaningful activity!

Continued on p. 13

Continued from p.12

**Resilience:** Resilience “encompasses independence, self-reliance, persistence, and the ability to recover from or adjust easily to misfortune or change.”

Physical resilience can be found in our many activities: Zumba, Balance Exercise, and Exercise is Fun! Mindful exercise can be found in Tai Ji, Chair Qi Gong, Stretching, and Basic Meditation. The Investor Group can help provide financial resilience.



Tai Ji on Tuesday mornings!

**Support Groups** are avenues for developing personal resilience. Here at Shipley, there are support groups for: Grief and Wellness, Diabetes, Whole Food Plant-Based Eating, and Thriving in the Body You’ve Got! And, a support group for persons with physical challenges. The free Computer Clinic also fits here, supporting members by making their devices more tech-friendly!

**Conclusion:** I think you will agree that Shipley Center has ALREADY “flipped the switch” on providing “possibilities” for our community’s seniors! My hope is that, after reading through these lists of activities offered at Shipley Center, you will be motivated to try one or more. Even if you are already participating in one or more, perhaps when you have some extra time, you’ll seek out new connections in another class! (Just last month, I began participating in the Cribbage group!)

**YOU ARE INVITED TO A CELEBRATION!** Come celebrate *National Senior Center Month* by attending our annual Open House! This year, it will be a Talent Show, showcasing the talents of some of our activities and individual members. (For more information, see the ad on p. 1.) Hope to see you there!

### THANK YOU BENEFIT SALE VOLUNTEERS!

The sale is going well!

Ray Bentsen	Beth Hemple	Renee Millar	Marion Rutledge
Rena Blank	Deb Hudson	Our 4-H sisters:	Diane Schonians
Lillian Chapman	Angela Jeziorski	Amber Miller	Patty Snyder
Margaret Cox	Sandie Kiehl	Annabelle Miller	Pat Urso
Brian Davis	Shirley Ledbetter	Maggie Miller	Daniel White
Cheryl Hamilton	Richard Mansell	Jeani Penn	Jean Wolfe
Karen Hanson	Greg Millar	Karen Rose	Rebecca Zander

Dates to remember: September 5th and 6th will be our Bag Sale. We are using smaller bags this year at \$5 a bag. If it doesn’t fit into a bag, it will be 1/2 price.



### Shipley Singles Where Acquaintances Become Friends!

**Singles Breakfast Gatherings are on the 2<sup>nd</sup> and 4<sup>th</sup> 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.**

### \$\$\$Shipley Investor Group\$\$\$

The Investment Group meets twice a month on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday 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.



# BIRTHDAYS THIS MONTH



1	Susan Bauer	8	Tony Lobato	15	Sarah Myers	23	Valerie Thurston
	Melinda Griffith		Lori Moilanen		Sandra Necco	24	Susie Dong
	Barbara Nelson		George Norris		Neva Smith		Audrey Gift
	Barb Ross		Laura Oliver	16	Jim Alana		Krystyna Gordon
	Doug Stebing		Lynn Osborne		Pat Clark		Doris Moorman
2	Helga Du Bellier	9	Donnis Casey		Gary Hess		Kristine Sweeten
	John Dolansky		Dorothy Dawson		Stacy Hughes		Tracy Wilson
	Diane Marabello	10	Carlene Brown		Debbie McIntyre		Mary Wochaski
	Angela Saldivia		Sandra Cloward		John Renken	25	Larry Ormbrek
	Dave Shuck		Merry Estrem		Lisa Roberts	26	Gary Anderson
	Linda Strohm		Gail Gardiner	17	Mary Lou Adney		Elaine Bradford
3	Robert Carder		Monika Livingstone		Mary Arstad		Flora Collins
	Rich Havel		Lou Martin		James Seiler		Rosemary Holmes
	Darla Kalsbeek		James Ryan	18	John Worl		Mary Hovis
	Susan Langston	11	Jane Erickson		Linda Adler		Regina Munn
	Emily Westcott		Jim Lavrakas		Steve Arstad		Mary Reimer
4	Linda Benson		Darlene Neeley		Richard Mansell		Maureen Reimer
	David Brehm		Ivars Sarkans		Karen Miller		Helen Williams
	Carolyn Iddins	12	Bill Colvin		Lydia Nelson	27	Pamela Berrian
	Dorothy Masin		Bobby Cooper		Linda O'Neill		Michael Judd
5	Frank Argersinger		Caolyn Horne	19	Colleen Weston		Gail Watson
	Mary Badovinac		Patricia Molatore		Mike Churchill	28	Terri Bancroft
	Cheri Bull		Peter Raiswell		Cheryl Daniels		Donna Davis
	Marianne Burton		Lynn Skilling		Victoria Ormand		Mary Flagg
	Mike Farley		Paul Walline	20	Robert Piccirilli		Richard Harper
	Wayne Fincher	13	Deborah Downs		Barbara English		Chris Heider
	Ingrid Forcier		Jim Gordon		Joy Filip		Mary Moore
	Jolie Weber		Claude Groff		Joni Noges		Lois Rice
6	Don Johnson		Carolyn Money	21	Jozalyn Hamilton		Scott Wells
	Kim Romberg		Tony Osa		Karen Hanson	29	Anne Kask
	Marilyn Zimmerman		Frances Stateler		Fred Johnson		Etta Nelson
7	Mary Boice		Deb Stoltenberg	22	Sue Tondreau		George Will
	Gerald Carlson	14	Reiko Barclay		Terry Boyer	30	Arlene McClelland
	Rosemary Freed		Jill Creswell		Susan Elvert		Russell McClelland
	Patricia Korolis		Doug Davis		Mike Pearson		Elaine Omachi
	Darby Ragghianti		Barbara Dileanis		Richard Peetz		Valerie Phillips
8	Sandra Aksamit		Paulette Hill	23	Butch Zelenka		Ursula Schletter
	Nancy Anderson		Scott Merideth		Richard Aksamit		Wendy Whittemore
	Helga Berger	15	Kathy Bare		Dona Brock		
	Marijke Elbo		Carol Bresee		Arlene George		
	Judy Foster		Patricia Gaine		Glenn Juenemann		
	Vicki Kingsolver		George Lindamood		William Keller		
	John Leibel				Kathryn King		
					Greg Scherer		





SEPTEMBER PUZZLES

I wanted to feature Labor Day jokes this month, but they just weren't working.



FIND THE HIDDEN OBJECT

There is a small picture of a hammer somewhere in the newsletter. Send your name, phone number and the page number where you found the item to [programs@shipleycenter.org](mailto:programs@shipleycenter.org).

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



Please enter by August 14!

LABOR DAY

WORD SCRAMBLE




APPLE-A-DAY WORD SEARCH

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


APPLEJACK	CARMELIZED	DRIED	SAUCE
BAKED	CHIPS	DUMPLING	SODA
BROWN BETTY	CIDER	EVE'S PUDDING	STRUDEL
BUTTER	COBBLER	FRITTER	TARTE TATIN
CAKE	CRISP	JUICE	TURNOVER
CANDIED	DANISH	PIE	

LBREATCE	KOOCREWFR	DPREAAS
OAEIRTNXAL	DNE FO URMSME	IRSLUEE
LHYIDAO		DWNEEKE
ANOAERPPITIC	LNEPEYMOTM	OINUNS

Unions	End of Summer	Workforce	Relaxation	Holiday	Appreciation
Weekend					
Leisure					



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**Goodbye  
Summer,  
Hello Fall BBQ!  
at The Fifth Avenue**

**Monday, September 22  
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**\$5 Burgers**

Fresh off the grill, chips  
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**Become a Proud MGM Club Member!**

Together, our **M**embers **G**iving **M**onthly donors provide over \$1500 a month, or over \$18,000 per year, in support of Shipley Center's mission to serve seniors.

**You can join them in making a real difference  
in an affordable way!**

**How much?** Some donors decide to give \$30 per month, or a dollar a day.

Gifts range from \$10 to \$250 per month.

Please let us know what amount works for you.

**How do I join?**

To join the "**MGM Club**" just call or visit with Executive Director, Michael Smith, or get an MGM Club enrollment card at the front desk.

**Your faithful support is truly appreciated.**

**Thinking About  
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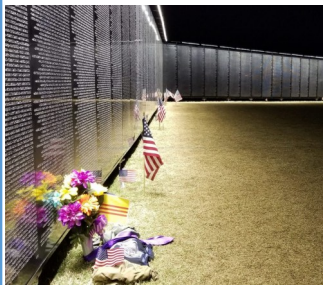
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## THE WALL THAT HEALS

### Honor and Remember Vietnam Veterans

*The Wall That Heals* is a 3/4 scale replica of the Vietnam Veterans Memorial in Washington, DC. It will be on display at Jefferson County International Airport\* from September 11-14, 2025. The replica travels across our country to honor the more than 3,000,000 Americans who served in the US armed forces in the Vietnam War and bears the names of the 58,281 men and women who perished in this struggle.



*The Wall That Heals* is open to the public 24 hours a day from Thursday, 9/11 to 1:45 pm on Sunday, 9/14. To visit is free.

\*191 Airport RD, Port Townsend, WA 98368.

The story of the wall is online at  
<https://www.vvmf.org/The-Wall-That-Heals>

### Beginner West Coast Swing Dance Lessons with Beth & Alan

Tuesdays in October  
6:00 - 7:30 pm at Shipley Center

\$40/person for the series .  
Proceeds donated to Shipley Center.

To register or get more information  
email Beth at

[dancer.280instructor@gmail.com](mailto:dancer.280instructor@gmail.com)

Or call 360-808-8600



## PET PORTRAITS

Order now for Christmas! \$50



by Kristine Henshaw

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**OUR MISSION**

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

**SHIPLEY CENTER HOURS**

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

**STAFF**

<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
Cindy Crossman	Elaine Churchill	Renee Millar
Sandie Kiehl	Cindy Crossman	Steve Romberg
Nancy Madison	Susan Geritz	Karen Rose
Brenda Peck	Cindy Grey	Nancy Southwick
Linda Rees	Karen Hanson	Colleen Weston
Becky Skilling		
Lynn Skilling		
Linda Strohm		
Jan Trierweiler		

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**Bus Drivers:** Raul Alexander, Janelle Kelly, Linda Marshett, Eric Mullen, John Sebastian, and Debra Smellie

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

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**1 Private RV space for rent in Sequim.**

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Larry 360-775-0844

**HOUSESITTING SERVICES**

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Terms negotiable. References available.

Please contact her at housesitter.leigh@yahoo.com or 310-634-7222

**Piano Accompanist Needed**

Senior Singers are seeking a back-up piano player to occasionally accompany them when they sing at retirement homes on Fridays.

Please contact Jan Maxwell if you can fill this volunteer position. 400-200-4304

**NEW Birthday Cards needed!**

Please donate in the Front Office.

Postage stamps of any denomination are also welcome. Thank you!

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



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### The Center News Sneak Peek...

Upcoming Events: Open House p.1

Save the Date: Octoberfest p.1

Leo's Café News: Summer BBQ Review p.3

Michael's Message: OLD DOG, NEW TRICKS p.5

Callendar Packed with Activities: pp.10-11  
Spotlight on: Senior Center Month pp.12-13  
Puzzles and Fun: p.15  
Trips and Tours: See Green Insert!

Sequim Senior Services, doing business as:

Shipley Center  
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## **Shipley Center Trips**

**360-683-5883**

**Trips hours: 9-1 Monday – Friday [trips@shipleycenter.org](mailto:trips@shipleycenter.org)**

**M=Member, NM=Nonmember**

**September, 2025**

Ah, September! The rustling of fallen leaves as we walk through the woods, the smell of fall in the air. Some special days of this month include National Blueberry Popsicle Day and Macadamia Nut Day! The first Sunday of the month after Labor Day is Grandparents Day (Remind the grandkids!). Did you know that September is the only month with the same number of letters in its name as its numerical place on the calendar? And on September 22, the Autumnal Equinox occurs at 11:19 am. It's a beautiful time of year to go on a trip!

**PREMIER WORLD TRAVEL PRESENTS: Wednesday, September 3, 4:00** – River cruises: Blue Danube, Holland Windmills; Music City Tour, Landscapes of New England, Treasures of Croatia, and Alpine Villages & Rails. A little something for everyone! Call Trips to reserve your seat!

**Vashon Island Troll and Picnic, Tuesday, September 9<sup>th</sup>** – One of Thomas Dambo's 139 trolls, nationwide, is on Vashon Island. Debra will be driving the Shipley bus there to visit Oscar the Bird King at Pt. Robinson Park. We will be picnicking there after viewing the troll, so be sure to bring a lunch with you (There is a cooler on the bus.).

**Departs 7:30 to approx. 5:00**

**\$49M/\$54NM**

**Washington State Fair, Saturday, September 13<sup>th</sup>** -- It's that time of year again when we head to the Puyallup Fairgrounds for one of the largest fairs in the nation! Get ready to make history this year as the Fair celebrates 125 years of unforgettable moments, iconic traditions, and the biggest party in the state! (NOTE: The date has changed since the August newsletter)

Home Crafts

Hobby Hall

Agricultural and Horticultural Displays

75+ Rides

Endless Food Options

Just a few of the many things to see and do!

**Departs 8:00 to approx. 5:00**

**\$65M/\$70NM**

**Harrison Hot Springs, BC, September 15<sup>th</sup>-18<sup>th</sup>** -- Three nights at the Harrison Hot Springs Resort will include a wonderful tea when you arrive, three breakfast buffets, dinner in the Copper Room on the second night, and a late afternoon Lake Cruise. There are the hot spring pools, each at a different temperature, so you are sure to find just the right one for you! You must have a passport or enhanced ID for this trip, and I will need that information beforehand.

**Departs TBD**

**\$860DBL/\$1189SNG**

**Northwest Railway Museum and Train Ride, Saturday, September 20<sup>th</sup>** – Ride the Snoqualmie Valley Railroad, explore their outdoor collection of train cars and large artifacts, and visit the exhibits in the historic depot. You can also visit the Depot Bookstore, a railroad-themed bookstore and gift shop. Lunch will be at the nearby Snoqualmie Casino. Eric will be taking us on this adventure.

**Departs 7:30 to approx. 5:30**

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

Continued on next page.

**Clearwater Casino, Tuesday, September 23<sup>rd</sup>** – We are a week later than usual, due to the Harrison Hot Springs trip the week before, but Debra is taking the bus back to Clearwater Casino for another great time gaming, being with friends, and of course, a good lunch. Remember, we must have at least twelve passengers to make this trip happen, so call your friends and tell them to get on board the Shipley bus for the casino!,

**Departs 9:00 to 4:00**

**\$15 per person**

**Introductory Cruise Presentation: Thursday, September 25, 4:00** -- Please join us for a special presentation by Kristie Adams, a travel agent specializing in river and ocean cruises. She has recently moved to Washington and has a passion for travel. She will present eight-day river and ocean cruises costing between \$5500 and \$7500 for two people. That includes airfare, food and drink, and shore excursions. She will have a multimedia presentation, along with pamphlets and brochures from Viking Cruises.

### **LOOK FORWARD TO:**

Nordic Museum – Oct. 4<sup>th</sup>

Heronswood Garden Fall Special – Oct. 25<sup>th</sup>

Silverdale Shopping – Nov. 5

## **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; **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!

***See you on the Shipley Bus!***

***Debbie***



***"Happy September! The world shall now transform into pumpkin everything."  
Keith Wynn***



***Member Pauline Gepner had fun with her photography  
after our trip to the Mariner's game!***