



THE CENTER NEWS

A Monthly Publication of Shipley Center - September 2023



September is National Senior Center Month!

Join us once again as we celebrate this special month with our



13th Annual Open House



Tuesday, September 26th 1:00 - 3:30 pm

This year's theme is *EXPLORE YOURS!*

Explore all that Shipley Center has to offer to the Sequim community, particularly its seniors. Become a Shipley Ambassador!

All community members are welcome to attend any time through the afternoon. Bring your friends and neighbors!

FREE . . . DOOR PRIZES! * REFRESHMENTS! * ENTERTAINMENT!



SAVE THE DATE! Thursday, October 19, 2023

OKTOBERFEST Celebration!

Tickets go on sale Oct. 2.

Members \$19. Non Members \$21.

Get your Lederhosen on!



TRIPS & TOURS

Debbie Patterson, Trips & Tours Coordinator



Shipley Center Trips: 360-683-5883

trips@shipleycenter.org



Greece & Its Islands

Scheduled for
April 5-20, 2024

Encore presentation October 9th
-Reserve now-
360-683-5883

Vitej Podzim ("Welcome Fall" in Czech)

Now that the hot summer days are coming to a close, we welcome fall! There is a crispness in the air this time of year as we get ready for baking apple pies and apple crisp, and all the pleasures of the Autumn months!

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, **3 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 asap to give your passport or enhanced driver's license information since it is required before you get to the border. Double check with me to be sure I have your info!

Departs: 8:00am

\$737 DBL/\$1056 SNG

Mariners Game Senior Day – Wednesday September 13: This trip includes your game ticket and a barbeque lunch. Enjoy a ride on the ferry and all the excitement of America's favorite pastime!

Departs: 8:00am

\$104 M/\$109 N/M

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

Collette Travel Presentation, October 9 at 3:00: An encore presentation of **Greece and Its Islands** scheduled for April 5-20, 2024; also an exciting new trip, **Christmas on the Danube, Christmas Markets 2024**. Sign up at the trips office or give us a call; we need to know how many chairs to set up.

Victoria Holiday December 5-7: We are happy to announce the plans for our annual Victoria Holiday trip are now confirmed! Many of you have already called and have been put on this list. We are making phone calls to make sure everyone who contacted us still wants to go. The last time Shipley Center took this trip was 2019, and you have all really missed it! (We can tell by the number of you who called.) Please note: the trip will be different from previous years. There is a new bus company we are using and we will not be doing the "City Tour" as we had done in the past. Here is a little info on what is included:

Shipley bus to Port Angeles and return to Sequim for the first 24**

Round trip on the Coho: Port Angeles to Victoria and back

Two nights at the *Pacific Grand Hotel*

Transportation and Admission to the *Butterfly Gardens*

Transportation and Entrance to *Butchart Gardens*

Dinner at the *Blue Poppy Restaurant* at Butchart Gardens



There is so much to do and see in Victoria during the holidays! The IMAX Theatre is a block away, as is the Royal B.C. Museum. If you are not up to walking, you can call a taxi. We will be checking on Uber also. There is a restaurant and bar in the hotel, and downstairs you will find a café/deli for your morning latte!

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Continued from page 2

You will find many yummy spots within walking distance to have breakfast, lunch or dinner.

****Please note:** If you were one of the first 24 to sign up, you will go on the Shipley Bus from Sequim to PA and then back to Sequim on Thursday. If you are #25 to 38, you will receive \$20 off the price to help pay for your parking in PA while you are gone

\$774 Sgl M/\$538 Dbl M

NM: add 10%

COMING ATTRACTIONS:

Albuquerque Balloon Fiesta, Oct 6-11 - Premier World Discovery

Treasures of Ireland, Oct 24-Nov 3 - Premier Word Discovery

Historic Savannah & Charleston, Mar 22-28, 2024 - Premier World Discovery

Exploring Greece & Its Islands, Apr 5–20 (revised date), 2024 - Collette Travel

Memorials of WWII – Anniversary of D-Day Landing, Sept 30-Oct 9, 2024 - Collette Travel

AND

Iceland's Magical Northern Lights, Feb 24–Mar 2, 2025 - Collette Travel

(Watch your newsletter for a presentation in the coming months)

If there is an interest:

Whale watching out of Port Townsend – October

Coupeville, Whidbey Island - October

Molbak's – November, for the Christmas displays

Silverdale Shopping - December



Farewell, Don! A big Shipley Center thank you and fond farewell to our faithful driver, Don Benbow! For the past six years, Don has taken Shipley travelers on many adventures, including the once-a-month Clearwater Casino crew. He is now retiring and hanging up his keys, but will be sorely missed by one and all. Good luck Don with all your new adventures!!

Come join us in our travels on the Shipley bus!

Debbie

***"Traveling – it leaves you speechless,
then turns you into a storyteller."***
Ibn Battuta

**IMPORTANT NOTICE: Please see Debbie Patterson for the updated TRIP CANCELLATION POLICY.
Not all trips are fully refundable.**

SQUARE DANCE LESSONS

Square Dance -Starting Sunday, September 10, 6-8 pm

FIRST LESSON IS FREE!

Monthly Fees: Adults \$30 Children \$15

Scholarships available.

For info. contact:

Janolyn Keller

360-670-5547

Is it time to try something new?



CNC Router/Woodworking Forum

An opportunity for computer

numerical control "CNC"

Router users and other

woodworkers to share

information and

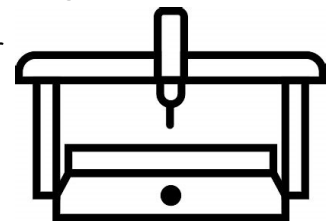
resources with others. I've

learned so much from other

woodworkers and enjoy sharing ideas.

For more information, please call Charles at

360-775-2288



The Center News is published monthly by Sequim Senior Services dba Shipley Center
921 E. Hammond St. Sequim, WA 98382 Year 52, Issue #9

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



We are open **Monday-Friday**
9am to 2pm
Dine in or take out!
(360) 775-3883



LEO'S CAFÉ with Chef Kathryn

***Come enjoy the ever changing Menu at
 Leo's Café!***

***Daily specials include:
 Soups, Salads, Sandwiches
 Quiches & Fritattas
 Elixirs, Lattes, Coffee and more!***

Breakfast Bits 'n Bites, served 9 to 11am

(Many wonderful choices to create your own special breakfast)

***There is Always a Pastry Case to peruse with Kathryn's famous
 Muffins, Macaroons, Sweet Rolls, Bear Claws, Cookies and more!***

All menu items are prepared with Love and Gratitude!



BECOME AN AARP TAX-AIDE VOLUNTEER!

Are you good with forms and instructions, have strong basic computer skills and enjoy helping people? Then consider becoming an IRS-certified Tax-Aide volunteer!. Volunteers of all ages and backgrounds are encouraged to join our crew of dedicated Tax-Aide volunteers.

The Tax-Aide program is sponsored by AARP and the IRS. You don't need to be an AARP member to volunteer, or to receive free tax preparation services from AARP Tax-Aide.

All supplies and both on-line and in-person training are provided to prepare you for success as a Tax-Aide Preparer.

To volunteer, go to www.aarp.org/taxaide to complete an online application by clicking on the "Volunteer Now" button. If you have questions contact Russ Fish, District 3 Tax-Aide Communications Coordinator at 360.452.6147, **Voice Mail Only**.

**MICHAEL SMITH, EXECUTIVE DIRECTOR**

Duane Thanks the Scouts!

Dear Readers, Please welcome guest columnist Duane Cobb, our highly esteemed maintenance expert!

Shipley Parking Lot Chosen for Eagle Scout Project!

We'd like to extend a very special thank-you to local Scout Jack Henninger, 17, who chose Shipley Center's faded and dirty parking lot project to put his muscle, leadership skills and other Boy Scouts to work on.

Other nonprofits were in the running, and we are really glad he arranged to have his crew of Scouts come to us!

As project leader, Jack was very intelligent in his approach to this large project. He and about 15 Scouts and some parents came prepared on August 5 to meet up with me, with flat shovels for scraping, blowers, brooms, paint brushes, a line striper, wire brushes, and wheelbarrows.

Jack was clearly in charge, planning the project, listing what tools would be needed, and demonstrating leadership skills by delegating duties to each Scout and parent who reported for duty.

He kept everyone busy all day from start to finish, giving our parking lot a clean and freshly-painted new look.

All the Scouts were kind, polite, and well-mannered. They were treated to a hearty lunch in Leo's Café by Chef Kathryn.

We are proud of Jack and congratulate him and his crew on a job well done!

Submitted by *Duane Cobb*

**Duane Cobb****Jack Henninger, Eagle Scout candidate, center, surrounded by his troop of helpers.**

How about something fun?

UKULELE CLASS meets every Monday at 1pm!



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



Mahjongg

New to Mahjongg?
Please call Diane Whitaker
to arrange for lessons.
Wed. 9-11am
360-775-6150
Ready to play Mahjongg? Join in every Wednesday from 1-4.



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

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.



Beginning Hula Tuesdays 2:30 - 3:30pm

Members \$3, Non-members \$6

Call Sandi Lazzaro for info
360-809-3390



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.

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

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 not a class, so having some
experience is most beneficial.



Have YOU tried YOGA?

EZ Yoga
Wednesdays and Fridays at 1:30!



TAI JI

Come join J. Fields in the
Art of Tai Ji at
10am on Tuesdays.
9:30am on Thursdays

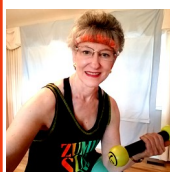


SEWING CLASS

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



Come join Beth Glick for ZUMBA

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

No Zumba 9/6, 9/8, 9/20, 9/22

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.

What's On Your Mind?

**Capturing higher rates of return on
Fixed Investments?**

**Managing assets to achieve greater financial security?
Providing financial security for my loved ones?**

*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



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**Did you realize that the last day of
2023 will be 123123?**

Birthday 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!**

Your generosity is very much appreciated.

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!!!

They are making a real difference!

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

Your faithful support is truly appreciated.

Some donors are doing a dollar a day, which is \$30 per month. Some are doing \$50 or even \$100 per month!

For more information on joining the "**MGM Club**" call **Michael Smith** at **360-683-6806**

Healthy U! Classes

Tuesday, September 5 and 19 from 11:30 to 12:15

**September 5-Good Ways to Improve Two Key Areas:
Your Knees and Your Back**

Come and learn easy and effective exercises and important ergonomic tips especially focused on your "CORE" and your knees.

**September 19-Ten Plant-Based Meals with 4 Ingredients
Recipes**

Help save the planet by eating more vegetables, lose 10 pounds, improve your memory and cut your grocery bill in half!



Please call to register for these great classes!

360-683-6806

Taught by Barb Paschal, Retired Physical Therapist

\$2 for members

\$4 for non members

Registration
required.





- | | | | |
|---|---|--|--|
| 1 Lynnette Baughman Melinda Griffith Barbara Nelson Doug Stebing James Wadington | 11 Susan Cange Stephen Kozaczewski Beverly Lafay Darlene Neeley Elaine Polidoro | 18 Steve Arstad Barbara Baudreau Rita Hubbard Richard Mansell Karen Miller | 26 Gary Anderson Flora Collins Kim Hollingsworth Teresa Hooker Kent Hoover |
| 2 Charlie Comstock Helga Du Bellier Diane Marabello Dave Shuck Dan West | Ivars Sarkans 12 Jean Cameron Bill Colvin Bobby Cooper Jim Finch | Lydia Nelson Linda O'Neill Kathi Vito 19 Jerry Austin Liliane Gilbert | James McDonald Regina Munn 27 Michael Judd Gail Watson |
| 3 Cindy Hancock Rich Havel Darla Kalsbeek Fred Middaugh Emily Westcott | Maggie Gustin Carole March Patricia Molatore Dottie Robertson Lynn Skilling | Diane Kretschmer Victoria Ormand 20 Lisa Cronin Joy Filip Emily Muzos | 28 Terri Bancroft Mary Flagg Mary Moore Lois Rice Walter Wells |
| 4 Linda Benson Carolyn Iddins | Paul Walline Peter Wintermute 13 Ester Church Claude Groff | Joni Noges 21 Karen Hanson Fred Johnson Marianne Payer | 29 Anne Kask Etta Nelson Joan Promer Candace Weir |
| 5 Mary Badovinac Marianne Burton Ingrid (Martha I.) Forcier | Carolyn Money Virginia Thompson 14 Maryanne Arena Barbara (Babs) Dileanis | Sue Tondreau 22 Terry Boyer Joe Clementi Inge Magrs | Mike Whitney 30 Diana Carleton Karen Clark Arlene McClelland |
| 6 Don Johnson Kim Romberg Cheryl Walther Marilyn Zimmerman | Colleen Rayburn 15 Patricia Gaine Sarah Myers Sandra Necco | Mike Pearson David Ringuette Butch Zelenka 23 Richard Aksamit | Russell McClelland Elaine Omachi Wendy Whittemore |
| 7 Mary Boice Gerald Carlson Robert Drews | Neva Smith 16 Rhonda Bugge Gary Hess Debbie McIntyre | William Keller 24 Susan Brazitis Audrey Gift Krystyna Gordon | |
| 8 Sandra Aksamit Nancy Anderson Marijke Elbo Judy Foster Vicki Kingsolver | John Renken Lisa Roberts Dave Salmon Audrey Thomas | Karen Milligan Doris Moorman Bob Riley Kristine Sweeten | |
| 9 Donnis Casey Linda Caswell Sandy Fox | 17 Mary Lou Adney Mary Arstad Robert Coppo Jim Dries | Mary Wochaski 25 Mike Muzos | |
| 10 Carlene Brown Sandra Cloward Merry Estrem Gail Gardiner Monika Livingstone Lou Martin Donna Walker | John Worl | | |



Community Announcements



Sequim City Band FREE Concerts at the James! Summer Series

James Center for the Performing Arts outdoor stage
in Carrie Blake Park

Last Summer Series concert is September 9.
All concerts at 3pm. Bring a blanket or lawn chair.

WOW! WORKING ON WELLNESS

2:00 PM – 3:00 PM

Wednesday, Sept. 13

KSQM FM Radio Station 91.5 FM



“Help! My Feet Hurt – Foot &
Ankle Problems”

Dr. Adam Killpack, OMC Podiatry

The National Federation of the Blind

Clallam County Chapter, is
Meeting on the second Monday of
the month at 1:00 in the Front
Room at Shipley Center.



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.

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 debbsmith825@gmail.com. Or call
360.912.3605 for info on Tim's Place.

Single? Join Shipley's Singles Activities!

Sept. 13, 4:30 pm, Monthly Singles Dinner,
Members \$15, Non Members \$20

Menu: Pork Roast, Caesar Salad
Roasted Root Vegetables,
Angel food cake with chocolate, Coffee

Tickets can be purchased
at front desk starting September 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

Veterans Coffee Break
Third Thursday
of the month
10am.

At Shipley Center,
921 E. Hammond St.
Sequim.

A place to belong and
connect with
like-minded veterans.



WANTED: NEW UNOPENED CPAP supplies

You can help your Center raise needed
funds! Over \$4,000 year-to-date!
Just drop them off at Shipley Center!



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

SEPTEMBER 2023 –WEEKLY ACTIVITIES

| MON | TUE | WED | THUR | FRI |
|--|--|--|---|---|
| <p>The Sequim Accordion Social will be held at Shipley Center on Sunday, September 10th from 1:30 to 4:00.</p> <p>All accordionists are invited to bring their instruments and play a selection or two.</p> <p>Accordion lovers and dancers are also welcome. A suggested \$5 donation is requested to help with room rental.</p> <p>Our featured players will be The Bonnie Birch Trio.</p>  | | | | |
| | | | | 1 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 1:30p-EZ Yoga |
| 4 Shipley Center CLOSED for Labor Day | 5 10am-SHIBA 10am- Tai Ji 10am-Fiber Arts 10am- Watercolor- (Int.) 11:30am-Cribbage 11:30am-Healthy UI- 1pm- N.O.W 1pm- Ping Pong 1pm- Pinochle 1pm- Tap 1 2pm-Grief & Wellness Group 2:30p-Beginning Hula | 6 9am-Balance Exercise 9am- Water Media Drop-In 10am-Diabetes Support Group 12pm-Bridge 12:15-Chair Dancing 1pm- Mahjong 1:30pm-EZ Yoga 2:00pm- Language Class | 7 9:30am-Tai Ji 10am- Euchre 10:30am-Tap 2 12pm-Bingo 1pm-Scrabble | 8 9am-Balance Exercise 9:30am-Fiber Arts 9:30am- Basic Meditation (Zoom) 10:15am-Line Dancing- (Int.) 12:30- Line Dancing- (Beginner) 1pm-Poker 1:30p-EZ Yoga |
| 11 9am- Balance Exercise 11am-Zumba Gold 12pm- Euchre 1pm-Ukulele 1pm- Computer Clinic 1pm- National Federation of the Blind | 12 10am- Tai Ji 10am-Fiber Arts 10am- Watercolor- (Int.) 11:30am-Cribbage 1pm- N.O.W 1pm- Ping Pong 1pm- Pinochle 1pm- Tap 1 2pm-Grief & Wellness Group 2:30p-Beginning Hula | 13 9am- Balance Exercise 9am- Water Media Drop-In 11am- Zumba Gold 12:00pm- Bridge 12:15- Chair Dancing 1pm- Mahjong 1:30pm-EZ Yoga 2:00pm- Language Class 4:30pm--Senior Singles Dinner | 14 9:30am-Sewing Class 9:30am-Tai Ji 10am- "Hooked On Fishing" 10am- Euchre 10:30am-Tap 2 12pm-Bingo 1pm-Scrabble | 15 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 1:30p-EZ Yoga |

SEPTEMBER 2023 –WEEKLY ACTIVITIES

| MON | TUE | WED | THUR | FRI |
|---|---|--|--|--|
| 18 9am- Balance Exercise 11am-Zumba Gold 1pm-Ukulele 1pm-Computer Clinic | 19 10am-SHIBA 10am-Tai Ji 10am-Fiber Arts 10am- Watercolor-(Int.) 11:30am-Cribbage 1pm- N.O.W 1pm- Ping Pong 1pm- Pinochle 1pm- Tap 1 2pm-Grief & Wellness Group 2:30p-Beginning Hula | 20 9am-Balance Exercise 9am- Water Media Drop-In 12:00pm-Bridge 12:15-Chair Dancing 1pm- Mahjong 1:30p-EZ Yoga 2:00pm- Language Class | 21 9:30-Sewing Class 9:30-Tai Ji 10am- Euchre 10am-Vets Coffee 10:30am-Tap 2 12pm-Bingo 1pm-Scrabble | 22 9am-Balance Exercise 9:30am-Fiber Arts 9:30am- Basic Meditation (Zoom) 10:15am-Line Dancing-(Int.) 12:30- Line Dancing-(Beginner) 1pm-Poker 1:30p-EZ Yoga |
| 25 9am- Balance Exercise 11am-Zumba Gold 12pm-Euchre 1pm-Ukulele 1pm-Computer Clinic | 26 10am-Tai Ji 10am-Fiber Arts 10am- Watercolor-(Int.) 11:30am-Cribbage 1pm- N.O.W 1pm- Pinochle 1:00-3:30pm- Open House <div>   </div> | 27 9am-Balance Exercise 9am- Water Media Drop-In 11am-Zumba Gold 12:00pm-Bridge 12:15-Chair Dancing 1pm- Mahjong 1:30p-EZ Yoga 2:00pm- Language Class | 28 9:30-Tai Ji 10am- Euchre 10:30am-Tap 2 12pm-Bingo 1pm-Scrabble | 29 9am-Balance Exercise 9:30am-Fiber Arts 9:30am- Basic Meditation (Zoom) 10:15am-Line Dancing-(Int.) 11:00am-Zumba Gold 12:30- Line Dancing-(Beginner) 1pm-Poker 1:30p-EZ Yoga |
| Saturday <u>September 2nd & 16th –5:30pm - Strait Wheelers- Line Dancing</u> <u>September 9th & 23rd Bridge 6:30pm</u> | <div>   </div> <p style="text-align: center;">ATTENTION SHOPPERS HOLIDAY BAZAAR IS COMING!</p> <p style="text-align: center;">Friday, November 3 and Saturday, November 4. 9am-3pm Come and do your Christmas shopping early!</p> <p style="text-align: center;">There will be many different artisans, crafters, and more! BAKED GOODS ARE NEEDED FOR THE BAKE SALE!!!</p> <p style="text-align: center;">Please contact Reba if you can make homemade treats! 360-683-6806</p> | | | |



Spotlight on . . . Reba Renner

By Margaret Cox

Many of you have, no doubt, noticed a change in Shipley's Program Director position, as Shamyia Waters left us to work with her husband's business in Port Angeles. Taking her place is a woman who, as of this writing, has been "on the job" for the past six weeks. Let me introduce you to the latest member of Shipley's staff . . . **Reba Renner!**

While still learning the ropes of this multi-faceted job, Reba has some initial impressions of her new workplace. She is learning something new every day, finding it interesting and challenging, working with a population she hasn't worked extensively with before.

"I have seen how important Shipley Center is to its many members, and how important the varied activities are in getting people out of the house and socializing, bringing a richness to their lives." She has been impressed with how nice everyone here is, and the openness of groups to accept new members. She loves seeing someone who has just joined, leave with a smile! "There is a healthy community here for social and emotional health."

Reba was born and brought up in Albuquerque, NM, graduating from Highland High School. Then, it was off to SMU in Dallas, TX., where she majored in psychology, and also became certificated in Elementary Education. (Over the years, Reba has taught first grade through junior high, with some community college courses thrown in from time to time.)

After graduation from SMU, it was "off to see the world" . . . a year in Odawara, Japan, Teaching English as a Second Language (TESL) and two years in Cairo, Egypt, for a Master's degree in TESL. (There, the course was called Teaching English as a *Foreign* Language!)

Reba was a Teaching Fellow while working on her Master's degree. During the first year, she lived in a university-provided apartment on Zamalek Island in the Nile River! Living in the Middle East was fascinating at that time, although life as a single woman in Cairo was challenging.

Missing the four seasons, particularly winter, it was back to northern New Mexico for two years, teaching middle school. Reba loved the nearby access to Colorado ski resorts. While never a "great" skier, she hit the slopes as often as possible!

While teaching in northern NM, Reba met her soon-to-be husband, Rich Renner. He was doing a medical internship in a small town near where she was living. After marrying, and while her husband was in school studying medicine in Michigan, Reba taught middle school there, where their first son was born. After medical school and residency, the Renners headed west.

They spent four years in Colorado, Durango, where son number two was born, and Ft. Collins. They then accepted an opportunity in E. Bremerton in 1989 where Rich, a pediatrician, took a position with Group Health. Reba kept herself busy raising their sons, teaching, and earning a second Master's degree from Antioch, in psychology. She added school counseling courses at City University and spent twenty years serving as a school counselor for Central Kitsap School District in East Bremerton.

After Rich retired in 2010, the family moved to Port Ludlow; then to Port Hadlock . . . then to Los Cruces, NM, for a four-year "Southwestern Adventure." While they enjoyed their time in the warmer climate, Rich could not express his passion for organic gardening in the hot, dry climate. . . so, back to Washington State and Port Hadlock in the fall of 2018, just a year before the COVID pandemic.



Spotlight” continued from page 12

Concerned about the state of child mental health during and after the pandemic, Reba began counseling children and youth with Discovery Behavioral Health in Port Townsend. While the work there was rewarding, it was also exhausting. Reba decided she needed to find something a little lighter. A good friend of Kathryn, our *Leo’s Café* Chef, during one of their chats, she found out about the Program Director position opening up. Although a new direction for her, it piqued Reba’s interest, so she applied . . . and here she is!

While Reba is exploring her new position, Rich, now an organic gardener and avid cyclist, was, on the day of our interview, biking from Port Angeles to Lake Crescent and back! A social activist, Rich lobbies in DC on behalf of an organization called *Results, a movement of passionate, committed everyday people . . . using their voices to influence political decisions that will bring an end to poverty.*

In her free time, Reba likes to clean and organize! (Need her around *my* house!) She enjoys Books on Tape, particularly detective stories. She’ll get going on one author and read all they wrote! Then on to another. She also gets recommendations of current reads from her friends. Pretty much a home-body, travel is mainly to visit their sons—one, a woodworker in Portland, and the other a massage therapist in Virginia—and other relatives. (A particular draw to Virginia is a seven-year-old granddaughter!)

Before leaving the interview, I asked her: Have you any suggestions for any programs you would like to see implemented here?

Without hesitation, Reba replied that she would like “to set up a program to encourage and enable people to find a volunteer niche for themselves, either with Shipley Center or elsewhere in the community.” (I checked that out online and, according to the Mayo Clinic, *Research has shown that volunteering offers significant health benefits, especially for older adults.*)

Welcome to Shipley Center, Reba! We look forward to many productive years of interaction between you and our membership!



Reba enjoys reading with granddaughter, Suki.

Thank You Thank You Thank You Thank You Thank You Thank You Thank You Thank You

Many Many Thanks to our Great 18th Annual Benefit Sale VOLUNTEERS!

Looks like we are having another very successful year, and we could not do it without our generous donors of merchandise and you, our wonderful volunteers:

Pre-sale workers who took in, sorted, priced and organized the donations in June, July and August:

Ray Bentsen, Lora Bergren, Brian Davis, Gary Eustice, Cheryl Hamilton, Karen Hanson, Angela and Jim Jeziorski, Shirley Ledbetter, Richard Mansell, Renee and Greg Millar, Theresa Nasmith, Cindy Payne, Dan White, Jean Wolfe, and Marilyn Zimmerman.

Thank you also to those who work on the days of the sales:

Almost all of those listed above, and -- Lillian Chapman, Beth Culhane, Theresa Fox, Sandy Granum, Beth Hempel, Deb Hudson, Sandie Kiehl, Catherine Lanham, Jeani Penn, Karen Rose, Becky Skilling, Pauline Valha, Alene Wilson, and Chris Wrobel.

On Members Only Sale day: Rena Blank, Margaret Cox, Barbe McClung, and Diane Schonians.

(If we left anyone out of the lists above, please let us know and we will recognize you next month!)

Sincerely, Co-chairs of the sale, Angela Jeziorski and Renee Millar.



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.

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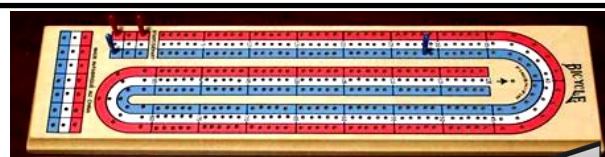
Led by Margaret Cox
M-W-F 9am



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In The Kitchen

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 ONETPCUTRO _ _ _ _ _
 ALCOHTBELT _ _ _ _ _
 IAKSNNP _ _ _ _ _
 ONASTPEO _ _ _ _ _



I once dated a gal who broke up with me because I only have 9 toes. She was lack toes intolerant.

Did you know ants never get sick? It's because they have anti bodies.

I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.

I've started investing in stocks: beef, vegetable, chicken. One day I hope to be a bouillionaire.

If you boil a funny bone, it becomes a laughing stock... Now that's humerus.

I accidentally rubbed ketchup in my eyes. Now I know what Heinzsight is.

Did you know muffins spelled backwards is what you do when you take them out of the oven?


I tried to come up with a carpentry pun that woodwork. I thought I nailed it but nobody saw it.

The Black-Eyed Peas can sing us a song, but the chick peas can only hummus one.

I went to the paint store to get thinner. It didn't work.




See Page 17 for answers to the Word Scramble!



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Answers to Word Scramble:
Dinner Plates, Garbage Can, Cutting Board,
Steak Knives, Dish Towels, Toaster, Cabinets,
Countertop, Tablecloth, Napkins, Teaspoon

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Find the Hidden Object

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

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



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

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

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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.



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