



THE CENTER NEWS

A Monthly Publication of Shipley Center - October 2025

2025
OCTOBERFEST LUNCHEON
FRIDAY, OCTOBER 10
at 1:00

MEMBERS \$18
NON-MEMBERS \$23

BEER GARDEN



FOR PURCHASE



MENU

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

Tickets go on sale Tuesday, September 16.

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 would like to sit with or that you are interested in meeting new folks. No need to arrive early.

ITS TIME TO VOTE! Please participate in our annual meeting and election to fill our board of trustees.

Your goldenrod ballot is inserted in this newsletter and statements by our candidates can be found on pages 12-13. Your ballot can be mailed in or dropped off in our office or at our annual meeting on Friday, October 17th at 1:00 in the Main Room. Thank you for your participation!

HOLIDAY BAZAAR

FRIDAY AND SATURDAY
NOVEMBER 7TH AND 8TH
9:00-3:00

SHIPLEY CENTER
921 EAST HAMMOND ST
SEQUIM, WA

CRAFTS AND
UNIQUE ITEMS

BAKE SALE

MINI TREE
RAFFLE BEGINS



TRIPS & TOURS

Debbie Patterson, Trips & Tours Coordinator

Office hours: 9 to 1 Monday-Friday



Shipley Center Trips: 360-683-5883

trips@shipleycenter.org

New! 2026 River Cruises

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

Grand American Tours Presents

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



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

Safe Travels, Debbie



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

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

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

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

Wills Award Winner



Robin Booker

Branch Manager

Sequim Ave

NMLS# 1433280

rbookter@ourfirstfed.com



Nicole Pruden

Branch Manager

Sequim Village

NMLS# 1560819

npruden@ourfirstfed.com



ourfirstfed.com | 800-800-1577
Member FDIC | Equal Housing Lender



Dungeness Courte
MEMORY CARE



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

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

www.dungenesscourte.com

651 Garry Oak Drive Sequim, WA 98382



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

Leo's Café with Chef Kathryn Kitts

Please note our new schedule!

'A Little Café with a Lotta' Love'

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

Meet Leo's Café volunteer, Elaine Churchill!

I consider it an honor to work in Leo's Café. I have made friends with other volunteers and we have fun working together. The food is great, and the customers are kind to us all. I look forward to my shifts every week.



ELAINE on Fridays. IT'S POKER TIME!



Thanks Elaine, you bring a sparkle to Leo's Café.

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

921 E. Hammond St. Sequim, WA 98382 Year 54, Issue #10

DEADLINE for submissions for each edition is the 15th of the preceding month.

Submissions may be sent to: newsletter@shipleycenter.org. All submissions are subject to editing.

For Advertising rates and info, contact programs@shipleycenter.org

Community Announcements



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 tsunami. 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

October 8, 2025, 2:00-3:00pm

"Using Cannabis as Medicine"

Speaker: Claire Capriola, Clinical Pharmacist
Jamestown S'Klallam Tribe
The Cedar Greens Dispensary

The October meeting of the

Sequim Diabetes Support Group

will be held at Shipley Center in the Front Room

Wednesday, October 1, 10am-11am.

This meeting will feature Alanna Levesque speaking on the benefits of a Whole Food, Plant-Based diet for regulating blood sugar.

This event is open to the public and free.

Any contributions are given to Shipley Center for the use of the space.

Next month's meeting is November 5.

Volunteer Hospice of Clallam County

Volunteer Hospice of Clallam County (VHOCC) is sponsoring a five-week in-person grief support group every Monday from Oct. 27 through Nov. 24, from 1 p.m. to 3 p.m. in Sequim at a location that will be given at the time of registration. VHOCC offers a safe place to share feelings and learn coping skills.

Attendance is free but registration is required. Please call 360-452-1511 or email reception@vhocc.org

Whole Food Plant-Based Support Group

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

NO meeting in October.

See you November 13!



GRIEF AND WELLNESS SUPPORT GROUP

Led by Debbie McIntyre

TUESDAYS AT 2:00

In our Art Room



VETERAN'S COFFEE BREAK!

Please join us Thursday, October 16, at 10:00 in the Shipley Library.

Sponsored by Assured Hospice



MEDICARE OPEN ENROLLMENT RUNS OCTOBER 15-December 2

SHIBA representatives are available at Shipley Center 10/7 from 10:00-12:00.

They are also available 10/21, 11/4, 11/11, 11/18 and 12/2 from 9:00-12:00 to discuss your Medicare questions.



You may drop in.

SOROPTIMIST INTERNATIONAL OF SEQUIM PRESENTS

TEA WITH SHE - DEFENSIVE DRIVING FOR SENIORS

Guest Speaker - Chief Mike Hill, Sequim Police Department
October 8th - 1-3 p.m.

Trinity United Methodist Church - 100 Blake Avenue, Sequim

Also included will be a short segment on how to stay safe in your home.

Refreshments - Coffee, tea and cookies



**MICHAEL SMITH, EXECUTIVE DIRECTOR**

Permit Applied For!

Building Permit for Renovations of New Location Officially Applied For!

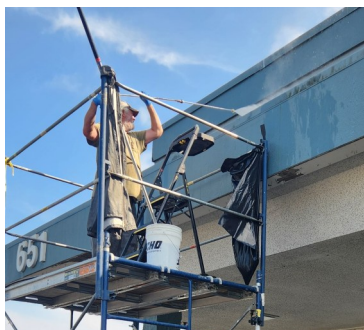
On September 16, we officially submitted our finalized construction drawings and other permit application documents, along with a check for \$14,777, to the City of Sequim. We are now in “Applicant” status and will move to the “Review” stage in about eight weeks, due to a backlog at the City. If all is found to be in order, the City will issue us our building permit to begin renovations, perhaps by the first or second week of December.

Meanwhile, There are Things We Can Do:

We do have our demolition permit, so we can continue to clean debris, such as glue from the carpet and mortar from the tiles that were removed, off the concrete floor. By the time you read this, Willie Ramos and his team from Durashine Concrete Polishing will be well underway on this. They will also fill cracks and make sure all expansion joints in the floor are in proper condition. Duane and volunteer Dave have been cleaning the metal parts of the roof, trim, and the rest of the façade. Duane has also been hard at work power-washing the brick exterior and is applying primer to areas that need it to prepare for winter. The most noticeable improvement has been to primer-over and hide the ghost-remains of the words “JCPenney” on the front and side of the building! If there is time before cold weather sets in, we may be able to paint the trim and, perhaps, the entire exterior.



“Before”



Duane putting the pressure on!



“After”

Thanks, Duane and Dave!

Angel Financiers are Coming Through!

So far, two couples and two individuals have made loans totaling \$220,000 to our building project through our Angel Financiers initiative. They will earn interest while the process continues, and receive their principal and earned interest at the conclusion of the project and the sale of our current building. Another \$350,000 from Angel Financiers will make their loans to Shipley Center as soon as some CDs, held in local banks, mature. If you are interested in helping in this way, please contact me for a copy of the Promissory Note being used and a schedule of the interest rates that you can earn!

Land Across the Street SOLD!

The land across the street has been sold and is in escrow, scheduled to close this month. All the proceeds from that sale will go directly to our Building Fund.

Board Election:

Please be sure to find your goldenrod-colored Annual Meeting Announcement and Ballot, inserted in this issue. Two-person households should find two ballots enclosed. See pages 12 and 13 for interesting bios of the candidates. Remember to thank our board members, who volunteer their time and expertise to keep Shipley’s ship sailing true!

Thank you for your continued support!

Michael

Playing it Safe!

New member, John Wessel has been studying and/or teaching martial arts for over 50 years and has developed a **personal safety program** to teach seniors ways to protect themselves when perceiving danger. If you could benefit from his workshop **please call the office to express your interest. 360-683-6806**

People of all abilities welcome.

Chair Qi Gong

For Balance, Flexibility & Mindful Focus



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

FRIDAYS AT 9:30 IN OUR FRONT ROOM

Led by Richard Chabot

Tai Chi Chuan Class with Richard Chabot



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

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

Wednesdays at 10:00 in our Front Room

This new activity begins in November.

Please call to express your interest. 360-683-6806

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, *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.*

OUR NEW MEMBERS!

Bruse Barden	Dorothy Frascati	Terri Painter
Barbara Barry	Nalani Gerrish	Jaime Primrose
Judith Boissevain	Stephanie Harp	Doug Reudink
Sara Boore	Paris Anne Heart	Jamie Reudink
Bill Briest	Steve Johnson	Becky Schaefer
Gene Brown	Susan Langston	Jenny Schaefer
Betty Jo Campnell	Diana Lusby	Suzie Schneider
Dennis Campnell	Steven McPherson	Dan Stacy
Kristin Chancellor	Jim Montoya	Linda Stacy
Sherryl Chandley-Brown	Duane Norby	Leonard Stadtmiller
	Steve Norcott	
Mary Church	Janet Norman	Gina Sterling
Ellen Doig	Madeleine	Angela Travis
Spencer Faulkner	Offergeld	Avinash Verma
Corrine Fessia	Scott Painter	



The National Federation of the Blind Clallam County Chapter

The National Federation of the Blind Clallam County will meet on October 13 at 12:30 until 2:00pm at the KSQM Radio Station next to 5th Avenue Furniture in Sequim. We will have an interesting program about construction in the downtown area of Sequim.

For information contact Denise Mackenstadt at 206-419-9555 or cane.travel@gmail.com.



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

Sequim Prairie Garden Club invites you to participate in their "Accessible to All Project" at Pioneer Memorial Park!



Their initiative to provide accessible pathways throughout Pioneer Memorial Park needs funding. To learn more please visit

<https://sequimprairiegardenclub.org>.

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
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Beth Culhane
Bobbie Dahm
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Barbara Filigno
Ren Garypie

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Michels
Luigi Nicoloso

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

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

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Ellen Kaminsky
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Moore

Theresa Nasmith
Sharon Ross
Molly Schwarz
Laura Singer
Morgan Stephenson
Linda Strohm

Mimi Sutton & Butch
Zelenka
Pat Svege
Susan Waldroup
Jackson & Elizabeth
Williams
John & Lucy Worl

Helping us Build

Rosalie Di Maggio
Michelle DeBeixedon

Ken & Wendy Foster
Sandra Granum
Scott & Lauralee
Johnson
Cynthia Martin

Jim & Natasha
Nichols
Craig & Deb Palmer
Carmela Richardson
Vicki Sheckler

Linda Strohm
Barb Uram
Ann and Scott Wells
Jackson & Elizabeth
Williams



In Loving Memory



Ruby Berwald
Jack Fletcher
Thomas Hoskins

Richard Larson
Bill Ledbetter
John Renken

Frederic Robinson
Paul Sawyer
Kent Welborn

Charlotte Zedeker

WITH DEEPEST
Sympathy

"IL Carosello Italiano"

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

Thursdays 2:30-4:00 in the Art room.
Italiano is on hiatus. It resumes 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.

Would you like to play POKER?

Please call the office at
360-683-6806, if you are
interested in joining
this activity!

Fridays at 11:30
in the Classroom.

**Mahjong**

New to Mahjong?

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

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

**EUCHRE**

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

Cribbage

Led by David Squier

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

**Bridge**

Wednesdays 12:00-3:30
In our Front Room
Call Earl Karich: 360-582-7917

2nd & 4th Saturdays
6:30-9:00
Call Diana Smith: 360-775-5126

S₁ C₃ R₁ A₁ B₃ B₃ L₁ E₁

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

PINOCHLE

Led by Lynda Moynihan

Tuesdays at 1:00 in the Classroom

**MEXICAN TRAIN**

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



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!

**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!

Line Dancing on Fridays!

10:30 to 12:15—High Beginners

12:30 to 2:00—Beginners

2:15 to 3:30—Basic Beginners



TAP DANCE TAKES A FINAL BOW!

We will miss your energy! Come back anytime.



Thank you
Sandi Lazzaro
for 4 years of fun!

Come join Beth Glick for

ZUMBA GOLD

Monday & Wednesday at 10:00



Have YOU tried YOGA?

EZ Yoga

Wednesdays and Fridays at 1:30

\$3 Members \$6 Non-members



Ping Pong

Tuesdays 1:00-2:30

Wednesdays/Thursdays 3:30-5:00

Sundays 1:30-3:00

All levels of skill welcome!



Ukelele Play and Sing
Mondays 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 Scotty Wells

10:00 on Tuesdays in the Main Room



Easy Stretching with Keoki

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

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

Mondays at 2:30 in the Front Room.



Book Sharing! Led by Barb Paschal

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

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

This group meets the **first Thursday of the month.**

1:00 to 2:00 in the Art Room.



BASIC MEDITATION CLASS via ZOOM!

Friday Mornings at 9:30

A basic guided meditation class led by Jean Kipper.

Sponsored by *Dungeness Courte Memory Care*,

No class fee is required.

For more information call

360-683-6806



Dungeness Courte
MEMORY CARE

OCTOBER 2025-WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
 <p>Octoberfest Luncheon is coming your way! Friday, October 10 at 1:00 Get your tickets! 360-683-6806</p>		<p>1</p> <p>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</p>	<p>2</p> <p>9:30-Spanish Class 10:00-Euchre 12:15-Bingo 1:00-Book Share 1:00-Scrabble 2:30-NO IL Carosello Italiano 3:30-Ping Pong</p>	<p>3 LEO'S IS CLOSED!</p> <p>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)</p>
<p>6</p> <p>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</p>	<p>7</p> <p>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</p>	<p>8</p> <p>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</p>	<p>9</p> <p>9:30-Sewing 9:30-Spanish Class 10:00-Euchre 12:15-Bingo 12:30-NO Whole Foods Plant Based Group 1:00-Scrabble 2:30-NO IL Carosello Italiano 3:30-NO Ping Pong</p>	<p>10 Octoberfest!</p> <p>9:00-NO Balance Class 9:00-Hand and Foot 9:30-Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation (Zoom) 10:30-NO Line Dance (High-Beginner) 11:00-NO Zumba Gold 11:30-Poker 12:30-NO Line Dance (Beginner) 1:30-EZ Yoga 2:15-NO Line Dance (Basic Beginner)</p>
<p>13</p> <p>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</p>	<p>14</p> <p>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</p>	<p>15</p> <p>9:00-Balance Class 10:00-NO Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong</p>	<p>16</p> <p>9:30-Sewing 9:30-Spanish Class 10:00-Euchre 10:00-VET's Coffee 12:15-Bingo 1:00-Healthy U 1:00-Scrabble 2:30-NO IL Carosello Italiano 3:30-Ping Pong</p>	<p>17 ANNUAL MEETING</p> <p>9:00-Balance Class 9:00-Hand and Foot 9:30-Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation (Zoom) 10:30-NO Line Dance (High-Beginner) 11:00-Zumba Gold 11:30-Poker 12:30-NO Line Dance (Beginner) 1:00-Annual Meeting 1:30-EZ Yoga 2:15-NO Line Dance (Basic Beginner)</p>

October 2025-WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
20 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	21 9:00-SHIBA 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	22 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	23 9:30-Spanish Class 10:00-Euchre 12:15-Bingo 1:00-Scrabble 2:30-IL Carosello Italiano 3:30-Ping Pong	24 LEO'S IS CLOSED 9:00-Balance Class 9:00-Hand and Foot 9:30-Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation 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)
27 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 6:00-Line Dance Social	28 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	29 9:00-Balance Class 10:00-Zumba Gold 10:45-Chair Dance 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	30 9:30-Spanish Class 10:00-Euchre 12:15-Bingo 1:00-Scrabble 2:30-IL Carosello Italiano 3:30-Ping Pong	31 LEO'S IS CLOSED 9:00-Balance Class 9:00-Hand and Foot 9:30-Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation 10:30- NO Line Dance (High-Beginner) 11:00-Zumba Gold 11:30-Poker 12:30- NO Line Dance (Beginner) 1:30-EZ Yoga 2:15- NO Line Dance (Basic Beginner)



Save the Date: THANKSGIVING Luncheon Friday, November 21.

Two seatings: 12:30 and 2:30.



**COME
PAINT
WITH US!**

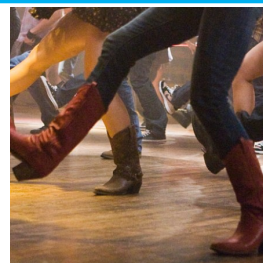
MONDAYS
 9:00-12:00
 Water Media Drop-in
 In the Art Room

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
 STRAIT WHEELERS
 Square Dancing
 4:30-6:30

LINE DANCE SOCIAL
 Monday, October 27, 2025
 6:00pm-8:00pm
 In our Main Room
 Activity fee: \$4
 Pot Luck Snacks



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

2025 Board Candidate Statements for 3-yr. terms beginning 1/1/2026
Sequim Senior Services, d/b/a Shipley Center.



(In odd years candidates are listed in Z to A order, in even years, A to Z order)

We thank these excellent candidates for running to be on our board:

W. SCOTT WELLS

I was raised on a dairy farm in northwestern Illinois. After high school I enlisted into the US Air Force and spent most of the 4 years at McChord Air Force Base in Tacoma. There I met my future wife, Ann. We were married in June 1967 and recently celebrated 58 years together.

I worked for Boeing for 4 years and then Seattle Transit (later Metro Transit) as a driver/supervisor/manager for 30 years. After retiring I went to work part-time for the Seattle Mariners, Seattle Seahawks, and Seattle Sounders as a Supervisor of Ushers for 12 years. Then I worked part-time at the Washington State Convention Center as a Transportation Attendant.

Ann, my sister Penney, and I lived in West Seattle for 49 years until 2021 when we decided to move. Sequim, having a Masonic Lodge, a Shrine Club, great weather, and a small population was our choice. I have been the president and member of two Masonic Temple Boards.

We joined Shipley Center within one month of moving here and attend Tai Ji class regularly. We enjoy all the people we meet, the lunches, and the celebration parties. We are members of Trinity United Methodist Church here in Sequim.

I look forward to being a member of the Shipley Center Board and contributing to its success.



MARY ELLEN REED



Mary Ellen Reed moved to Sequim in May 2006 from Arizona. She had lived in Arizona for 30 years where she decided to go back to college at ASU at age 46. She received her BA degree in Communications at age 50 and then worked in college administration until her retirement in 2005. She found Shipley Center almost immediately and began volunteering at the front desk. In January 2014 she was hired to be the front desk manager, and began her third career until 2018. Mary Ellen said, “It was the best job I ever had. I met many people who would become friends and joke and laugh with me. I love names and was able to remember the names of many of our members.” Since leaving the position, there were many opportunities to join exercise classes, card games, and to volunteer for the benefit sale and in the Café. Shipley Center is a much-needed place for seniors to become socially active and not get isolated. There are so many opportunities and people willing to help. It is an exciting time to move forward.

MEMBERS: Please find your ballot enclosed in this newsletter. It is goldenrod in color. Please mark 4 names and return by mail or in person by our 1:00pm Oct. 17 Annual Membership Meeting for your votes to be counted. There are 4 candidates this year.

PLEASE SEE ADDITIONAL CANDIDATE STATEMENTS on PAGE 13.

Continued from p.12

2025 Board Candidate Statements, for 3-yr. terms beginning 1/1/2026

LIZBETH “Beth” CULHANE, incumbent Board VP

I was born and raised in Wisconsin until our family moved to Federal Way, WA In 1964. There I attended high school and graduated. Eventually I enrolled in Bates Technical School in Tacoma and became a certified dental assistant. In 1974 I moved to Anchorage, AK and worked for 5 years as a dental assistant before meeting and marrying my husband, Jerry Culhane. We had 2 daughters.

I became an elementary school classroom volunteer, a Girl Scout leader, and later an assistant 4H leader. In 1996 our family moved to Sequim, WA. We built a log home and raised our daughters until they left for college. Jerry and I spent several winters traveling in our motorhome around the US. We were content to stay in Sequim where I joined the Senior Center in 2012 and was elected to the board of directors in 2022. I am now running for my 2nd term on the board and would appreciate your vote. I participate in fiber arts, quilting, and volunteered 3 years at the donation site and benefit sale. I enjoy meeting people and helping where I can.



MARGARET COX, incumbent Board Secretary

Since 2006, when I started as a front desk volunteer, I have been proud to be a member of Shipley Center. That year, I was elected to serve on the 2007 board.

At various times, I have been President, Vice-President, and currently, Secretary and Personnel Chair.

When I arrived, the organization was simply Sequim Senior Center; then it became Sequim Senior Activity Center; and now, Shipley Center. It has been at the core of my volunteer activities ever since.

An ardent supporter of Shipley Center, I lead the Balance Exercise class three times a week, write the “Spotlight” articles, chaired the Open House for fourteen years, and try to attend most of the special luncheons and other Shipley events.

I am actively involved with my church, serving as Financial Secretary and a member of the Missions committee.

My late husband, John, and I lived and worked in Hawaii for 37 years, where we raised two children before retiring and moving to Sequim in 2004. I retired from an elementary teaching career that spanned 41 years.



Shipley Singles Where Acquaintances Become Friends!

Singles Breakfast Gatherings are on the 2nd and 4th Tuesdays of each month.

Call Bobbie Dahm at 360-477-0019 for information and to sign up for either Tuesday. On the second Tuesday we meet at a chosen restaurant. On the fourth Tuesday we meet at Leo's Café at 9:00.

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

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

The Investment Group meets twice a month on the 2nd and 4th 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.



1	Suzan Baranowski	6	Laura Singer	15	Anna Macabe-Best	24	David Wilson
	Helen Bucher		Granville Wolfe			25	Wende Elfant
	Steve Bringle	7	Shelley Coleman		Patricia Parnell		Bonnie Gilstad
	Dennis Funston		Alicia Crawford		Pat Resende		Cheryl Heise
	Andie Grams		Linda Griffing	17	Jeff Russell		Gayle McAlister
	Kathy Schreiner		Joseph Mirabella		Eva Bennett		Marsha Welch
	Becky Senff	7	Becky Morgan		Bob Fezio	26	Ted Boothroyd
2	Naomi Foley		Jan Trierweiler		Susan Lilley		Corrine Fessia
	Amado Fuentes	8	Elizabeth Crowley		Cynthia Martin		Cindy Crossman
	Kathleen Humphrey		Rick Nichols		Sandy Placek		Mary Mira
	Ken Melheim		Shirley Steenhout		Carmela Richardson		Janet Norman
	Jerry Winders		Steve Watland		Bridget Routh		Craig Palmer
3	Linda Downer	9	Debbie Kahle		Janet Williams		Ana Simone
	Sandra Lindberg		Bruce Rockwell	19	Judith Zalte		Pink Wasous
	Jeff Pursley		Elizabeth Schilling	20	Jeanie Blaurock	27	Randall Clark
	Linda Sarbiewski		Joe Yetter		Vic Entrikin		SallyAnn Clark
	Tim Vincent	10	James Hanson	21	Nelson Dixon		Annie Clark
4	Walt Annas		Gretchen Regele-McCann		Ken Emigh		Karen Graff Doran
	Robn Diekow	11	Lauretta Anderson		Teri (Barbara) Hegarty		Norman Hunter, Jr
	Cathy Dryke		Raymond Bentsen		Janice Koopman		Mary Huston
	Virginia Huntman		Claire Koenigsaecker	22	Wendy Worth		Judy Sadler
	Wilma Lambert		Janet Littlefield		Shirley Anderson	28	Bill Schless
	Craig Paulson		Jill Pinder		Paul Butler		Sandy Brehan
5	Trina Berg		Jaime Primrose		Jerry Culhane		Marsha Frankovis
	Katherine Cookson	12	Mike Bare		Denise Menk	29	Carolyn Muench
	Brenda Covella		Nalani Gerrish		Carole Niblett		Phyllis Besaw
	Bonnie Lu Fritz		Marie Grad	23	Deborah Hudson		Lavola Hansen
	Nancy Mullen		David Iezzi		Rosalie Kearney	30	Kathy Hartley
	Joel Ogden		Jamie Witczak		Marlene Lewis		Annmarie Fernandez
	Fred Stauffer	13	Max Backer		Carolyn Pittenger		Sandra Granum
6	Denise Ciciora		David Conrad		Richard Porter		Carol Macrae
	Pamela Frye		Joyce Volmut		Nancy Randall		Daniel Stearns
	Lola Little-McCubbin	14	Paula Crawford	24	Gayle Urban		Jean Wells-Smith
	Bruce Savaglio		Debbie Flint		Mary Hadley		Elizabeth Wolf-Troberg
	Diane Schonians		Margaret Linz		D. Kirk		
	Laura Seiler		Robert Towne		Susan McQueen	31	Steve Bailey
					Jeani Penn		

**NEW Birthday Cards always needed!**

Please donate in the Front Office.
Postage stamps of any denomination
are also welcome. Thank you!

You've made it one more time around the sun!

Please call the office to let us know if your phone
number, address, or email address has changed.
We want to stay in contact!



HALLOWEEN RIDDLES

- Why did the mortician clock out of work early? He was dying to leave.
- Did you hear about the evil hen? It lays deviled eggs.
- Why didn't the mom let the little witch go trick or treating with her friends? She was ex-spelled from school.
- Why shouldn't an angry witch take her broom trick or treating? She might fly off the handle.
- How do ghosts do their makeup before they go out trick or treating? They use vanishing cream.
- Where do ghosts like to trick or treat? At dead ends.

FIND THE HIDDEN OBJECT

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

programs@shipleycenter.org.

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

Please enter by October 14!



WORD SCRAMBLE

1. SCNUHTET_____

2. LUQIT_____

3. ECRASWO CR_____
4. LALBFTOO_____

5. VHETARS_____

6. OCNAR_____
7. RCDIE_____

8. UGROD_____

9. HAE LLOENW_____

HALLOWEEN WORD SEARCH

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

AFTERLIFE	COBWEB	MUMMY
AUTUMN	COFFIN	OCTOBER
BAT	CREEPY	OGRE
BLACK	DEMON	OWL
BLOOD	EERIE	PHANTOM
BOO	GHOST	PRANK
BROOMSTICK	GHOUL	SKELETON
CAKLE	GRIM REAPER	SPIDER
CADAV ER	HAUNT	TOMBSTONE
CANDY	HOWL	TRICK
CASKET	MASK	VAMPIRE
CAT	MIDNIGHT	WEREWOLF
CAULDRON	MOON	WITCH

1. CHESTNUT

2. QUILT


3. SCARECROW
4. FOOTBALL

5. HARVEST


6. ACORN
7. CIDER

8. GOURD

9. HALLOWEEN



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To enhance the life of every person we serve

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Passion for the quality of people's lives
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Friday, Oct. 31st

5 to 6 p.m.

500 W. Hendrickson Rd., Sequim



**Bring the kids to Trick or Treat
Enter the raffle**

For more info, call 360-683-3345

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**Shipley Center
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St, Sequim**

**December
13th & 20th**

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



10 am—3 pm

RainShadowArtisans.org

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Sequim Prairie Garden Club Speaker Meeting

Pioneer Park Clubhouse

September 8, 2025, 10.30 a.m.

BOOK BINDING WITH CAROL WEILER

Carol has been in the book binding business for most of her adult life and will now share her expertise with us.

Finally, something to do with those old, pressed flowers or torn up garden books!

COMING in NOVEMBER

Olympic Peninsula Audubon Society Conservation Committee presents "Lights Out" a slide presentation about light pollution and its effect of the ecosystem.

Details in the November newsletter.

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

Or call 360-808-8600



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	Colleen Weston
Linda Rees	Karen Hanson	
Becky Skilling		
Lynn Skilling		
Linda Strohm		
Jan Trierweiler		

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

2025 BOARD OF DIRECTORS

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Vice-President	Beth Culhane
Secretary	Margaret Cox
Treasurer	Karen Hanson

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Angela Jeziorski	Miriam Spreine
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being a Shipley bus driver.
See Debbie in trips!
Or call 360-683-5883

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

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

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



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The Center News Sneak Peek...

Upcoming Events: Octoberfest p.1

Holiday Bazaar p.1

Leo's Café News:p.3

Michael's Message: Permit Applied For p.5

Calendar Packed with Activities: pp.10-11

Meet the Candidates: pp.12-13

Puzzles and Fun: p.15

Trips and Tours: See Green Insert!

Sequim Senior Services, doing business as:

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Shipley Center Trips

360-683-5883

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

M=Member, NM=Nonmember

October, 2025

October? Where did September go? Some fun celebrations this month are: International Coffee Day and National Black Dog Day on the 1st, National Chocolate Day (My personal favorite!) on October 28th, National Cat Day on the 29th (meow), and Halloween on the 31st. October's full moon, known as the Hunter's Moon, arrives on Sunday, October 9th. So many good things to look forward to in October! This is also a great time to hop on the Shipley bus with our friendly drivers and take a trip!

National Nordic Museum, Saturday, October 4th – The National Nordic Museum's collection of more than 80,000 objects tells the rich stories of Nordic and Nordic American peoples across centuries. The Museum collection also has nearly 1,000 digitized oral history interviews that share the experiences of Nordic and Nordic American people, as well as recordings, instruments, and texts that document Nordic folk and traditional music and dance. Lunch (on your own) will be at the Freya Café in the museum, serving traditional Norwegian fare – not to be missed!

Departs 8:00 to approx. 5:30

\$78/M\$83/NM

Rail & Sail Vacations Presentation, Wednesday, October 8th, 4:00 – Join Pacific Northwest-based tour guide and tour operator, Tyson Verse, for a fun hour of tour and travel talk! Tyson will announce upcoming new trips like our "Southwest Rails and Trails, which includes amazing National Parks and heritage steam trains in the Southwest. He will also discuss smart decisions regarding selecting the best travel insurance to save money and have the best coverage should you need it in your travels. Tyson has led groups to over 130 countries and most states, so we hope to see you at this fun event!

Call Trips today to reserve your seat. **360-683-5883**

Collette Travel Presentation, Monday October 13th, 4:00 – Toni Ingram will be here to present Discover America's 250th Anniversary June 1-9 2026, and Discover Australia's Outback to New Zealand's South Island, November 4-23 2026 (optional Fiji Post-Tour Extension and Tasmania Pre-Tour Extension). If you missed the first presentation, Toni will be going over all the details again. Call trips today to reserve your seat!

Clearwater Casino, Tuesday, October 21st – Join driver Debra for another fun day at the Casino for gaming, lunch, and socializing with friends! We need at least 12 people to keep making the Casino trips happen, so call your friends and family and invite them to this exciting day out!

Departs 9:00 to 4:00

\$15 per person

Heronswood Garden, Saturday, October 25th – Heronswood Garden, begun in 1987, comprises 15 acres in Kingston, Kitsap County. Heronswood protects a vast array of plants from around the world with over 8,000 different varieties spread across six distinct yet integrated gardens. People depend on plants, and Heronswood seeks to inspire our community with its plant collections and charismatic landscapes. Purchased by the Port Gamble S'Klallam tribe in 2012, Heronswood now serves as a showcase for tribal culture. Lunch (on your own) will be at the Point Casino following the tour.

Linda Marshett will be our driver for this Fall Special!

Departs 9:30 to approx. 4:00

\$47/M\$52/NM

Premier Travel Presentation, Monday, October 27th, 4:00 – Liz Bell returns to make presentations about upcoming tours: River Cruises, Treasures of Croatia & Slovenia, Music Cities Tour, Alpine Swiss Villages & Rails, and Discover Japan by Bullet Train. Call trips today to reserve your seat – 360-683-5883.

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

Departs 9:00 to approx. 4:00

\$42/M\$47/NM

TRIP NOTES

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

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

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

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

See you on the Shipley Bus!

Debbie



Trip to the
Vashon Island
Troll
September 9



"October, baptize me with leaves! Swaddle me with corduroy and nurse me with split pea soup!" – Rainbow Rowell