



# THE CENTER NEWS

A Monthly Publication of Shipley Center - March 2024



## St. Patrick's Luncheon Let's Be Irish!

**Friday, March 15 at Noon**

**Tickets available March 1.**

**Members \$17.**

**Non-members \$20.**



Menu:  
Corned Beef & Cabbage,  
Mashed Potatoes,  
Brown Bread, Emerald Salad,  
Fudgy Brownie Pudding  
& Shamrock Cookies

### ENTERTAINMENT

#### ALERT:

**Awesome Bob returns.**

**Prepare for malarkey!**



## Estate Sale!

**Fridays and Saturdays**

**March 8, 9, and 15, 16.**

**10am-3pm each day.**

**Furniture, Household, Kitchen, Over 1000**

**DVD Movies and TV shows, Music CDs,**

**Electronics, and more.**

**(Sorry, no jewelry or clothing this time.)**

**Building not heated, so dress warmly!**

**Same location as our August Sale, QFC shopping center:**

**990 E. Washington St., Suite E105.**

**Come and support Shipley Center!**



**Our April Special Event is "The Fool's Feast"**  
**Monday, April 1 at Noon. See ad on page 4!**



# TRIPS & TOURS

Debbie Patterson, Trips & Tours Coordinator



Shipley Center Trips: 360-683-5883

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



**Premier World Travel presents:**  
*Highlights of the Douro with Spain*  
*Utah's National Parks*  
*Albuquerque Balloon Fiesta*  
**April 5th, 4:30pm**  
**Call trips to reserve your seat**

March – Comes in like a lion; goes out like a lamb! Well, that's the old saying! Anyway, we are looking forward to spring with a month of new adventures on the Shipley bus!

**Collette Travel Presentations, Tuesday, March 5<sup>th</sup>, 5pm** – Learn about upcoming trips: *Christmas on the Danube 2024* and *Iceland 2025*. Call Trips today to reserve your seat!

**IKEA Shopping, Wednesday, March 6<sup>th</sup>** - Have you ever been to an IKEA? It's a furniture store for sure, but with so much more! Be sure to bring your shopping bags as Janelle brings us on this journey. Lunch is available at the restaurant or bistro in the store.

**Departs at 8:30 am to about 4:30 pm**

**\$46 member/\$50 nonmember**

**Point Defiance Zoo & Aquarium, Thursday, March 14<sup>th</sup>** – The Point Defiance Zoo & Aquarium is the only combined zoo and aquarium in the Pacific Northwest, located in Tacoma, Washington. Situated on 29 acres in Tacoma's Point Defiance Park, the zoo and aquarium are home to over 9,000 specimens representing 367 animal species. Keeper chats, animal experiences, and more. Lots to do and see on this trip with Eric as our driver. (We are planning another trip to the Zoo this summer if you can't make it this time.)

**Departs 8:30 am to about 5:00 pm**

**\$60 member/\$64 nonmember**

**Clearwater Casino, Tuesday, March 19<sup>th</sup>** – The third Tuesday of the month is Casino day! We will be taking the Shipley FUN Bus to Clearwater so hop on board – be sure to call and reserve your seat! (We must have at least 10 travelers for this trip)

**Departs at 9:00 am to about 4:00 pm**

**\$15 per person**

**MOHAI, Wednesday, March 27<sup>th</sup>** – “**Pulling Together: A Brief History of Rowing in Seattle**. If you are interested in the movie, “The Boys in The Boat,” then this is the exhibit for you! John will be taking us to the Museum of History and Industry in Seattle. Lunch at the Gourmondo Café next to the museum. Then enjoy the exhibits at the Burke Museum, just a few minutes away. Both tickets are included in this trip price.

**Departs at 7:30 am to about 5:30 pm**

**\$90 member/\$94 nonmember**

**Friday, April 5<sup>th</sup> at 4:30** – Premier World Discovery Presents: *Highlights of the Douro, with Spain, Albuquerque Balloon Fiesta, and Utah's National Parks*. Call today to reserve your seat.

**SHEN YUN, Sunday, April 7<sup>th</sup>** – This is a fabulous show with beautiful costumes and enchanting music! We will be going to the 1:00 matinee with an early dinner at Arnie's to follow. (*This trip is currently full, but we do have a waiting list for any cancellations*). Eric will be our driver.

**Departure TBA**

**\$200 member/\$204 nonmember**



Continued from page 2

**Clearwater Casino, Tuesday, April 16<sup>th</sup>** - Come spend the day with friends, have some lunch, and try your luck! Why not invite someone new to ride along on the Shipley bus!!

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

**\$15 per person**

**Tulip Town & Roozengaarde Tour, Thursday, April 17<sup>th</sup>** – We will visit both Tulip Town and RoozenGaarde this year (entrance fees included). You can choose to bring your own lunch or enjoy one of the many vendor options at either garden on your own. Janelle will be our driver.

**Departs 8:00 am to about 6:00 pm**

**\$84 member/\$88 nonmember**

**Treehouse Point Tour, Thursday, April 25<sup>th</sup>** - This Fall City, WA, trip is a new one for the Center, but it looks like an interesting tour! This is a collection of treehouses built by the Nelson family. Located in a beautiful forest by the Raging River, these houses will be open for all to view the workmanship of this family's vision. Lunch will be in town after the tour. Janelle will be taking us on the bus.

**Departs 8:00 am to about 6:00 pm**

**\$92 member/\$95 nonmembers**

**Fabulous Falls & River Cruisin', Portland, OR, June 11-13<sup>th</sup>** – Our first regional trip of 2024! Eric will be our driver for this early summer getaway to Portland! The adventure begins with a stop to view the beautiful Multnomah Falls. We will have lunch, (on your own) at the historic Multnomah Lodge. Then on to the hotel just outside of Troutdale. A light breakfast in the morning, and then on to a river cruise on the *Portland Spirit* which includes lunch. Day three will take us to the Crystal Springs Rhododendron Gardens in Portland. After lunch at Country Cousins in Centralia, we will be heading back home. Please contact Trips right away to take advantage of this 3-day getaway!

**Departure TBA**

**\$280 double member**

**\$401 single-member**

**Looking forward to:**

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

May - Boeing Tour

June - LeMay Car Museum, Keyport Naval Museum

July - Purdy Prison Pet Partnership, Nordic Museum, *iFly* Indoor Skydiving (postponed from Jan.)

August – Point Defiance Zoo & Aquarium (second trip)

**Regional trips in the planning stages:**

Chemainus BC – 3 days include a tour of Victoria's Butchart Gardens, dinner, and a show.

Cranberry Coast – 3 days by the ocean; Kite Museum and Carriage Museum.

**Please be sure to call the trips office at 360-683-5883, email [trips@shipleycenter.org](mailto:trips@shipleycenter.org) or stop by my office whenever you wish to sign up for a trip. Be sure you are on the list!**

**If it's in writing, it will be remembered!**

"March bustles in on windy feet and sweeps my doorstep and my street." Susan Reiner

*Looking forward to seeing you on the Shipley bus!*

*Debbie*



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921 E. Hammond St. Sequim, WA 98382 Year 53, Issue #3**

**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)**





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 & Frittatas**
- ♦ **Elixirs, Lattes, Coffee and more!**

**Morning  
Glory  
Muffins!**



### **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!**



**Hear Ye! Hear Ye!**  
**April's Special Event is:**  
**"The Fool's Feast"!**

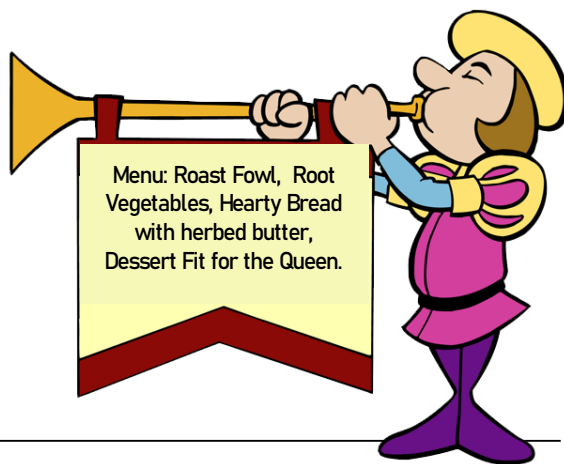
**Monday, April 1 at Noon.**

**Join us for luncheon  
and entertainment.**

**Tickets on sale March 15.**

**\$17. Members**

**\$20. Non Members**



Menu: Roast Fowl, Root  
Vegetables, Hearty Bread  
with herbed butter,  
Dessert Fit for the Queen.





**MICHAEL SMITH,  
EXECUTIVE DIRECTOR**

# February 14th Appreciation Luncheon Honoring Our Volunteers

Photos by Greg Millar



Volunteers receiving their "Star" pins include those with 1 to 4 years of service



20 years of service: Ray Bentsen and Bobbie Dahm



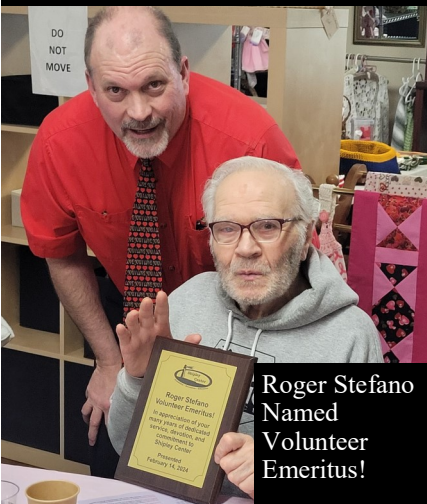
10 years of service: Renee Millar, Beth Culhane & Larry Powell



5 years of service: Chris Wrobel and Jean Kipper



Volunteers of the Quarter: Larry Powell, Steve Romberg, Nancy Southwick, (and Sandi Lazzaro not pictured)



**Roger Stefano  
Named  
Volunteer  
Emeritus!**



Meal served by Board Directors Margaret Cox, Beth Culhane, Karen Hanson, Steve Romberg, Angela Jeziorski, (and Renee Millar, not pictured)



**“10-20-10” Education, Aerobics, & Stretching to Music!**

Tuesdays 11:30-12:15

10 minutes of health education on a variety of topics

20 minutes of easy and effective aerobics

10 minutes of quiet stretching exercises

Wear comfortable shoes and bring a yoga mat!

Taught by Barb Paschal, Retired Physical Therapist

\$2 for members, \$4 for non members

**Line Dancing on Fridays!**

10am to 12:15 - Intermediate

12:30pm to 2:30 - Beginners

**Mahjonn**

New to Mahjonn?

Call Diane Whitaker to arrange  
for lessons. 360-775-6150Ready to play Mahjonn? Join in  
every Wednesday from 1-4.**Adult Tap II**

Thursdays 10:30-12

Members \$3, Non-members \$6

**TAP DANCE**Flat-heeled tap shoes or  
hard-soled shoes are  
recommended.

Questions: contact Sandi Lazzaro 360-809-3390

**Beginning Hula**

Tuesdays 2 - 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.**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.**SEWING CLASS**

No-Fee class led by Judy Lange!

2nd &amp; 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 in Front room 9:30am

Fridays in Art Room 9:30am

**Book Sharing!** Led by Barb PaschalCome 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 from  
1:00-2:00 in the Art Room.****CHAIR DANCING CLASS!**

Taught by Karen Hull.

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.**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 ThursdaysCome join Beth Glick for  
**ZUMBA GOLD**

11am – noon

Monday, Wednesday, Friday



## Questions for Retirees

The Markets are currently experiencing volatility.  
The Fed is raising interest rates.  
We are in a transitional period.

Are you concerned about having enough income to last throughout your retirement?

Are you happy with the rate of return you are getting on your savings at the bank?

**Call or E-Mail us for our current  
Fixed and Variable Annuity Rates**

**We offer a complimentary review of  
your situation and goals!**

To learn more, visit us at:  
[www.tracywealthmanagement.com](http://www.tracywealthmanagement.com)  
Or call us at: 360-452-9080



Kevin Tracy - Financial Planner  
(360) 452-9080  
149 W. Washington St.  
Sequim, WA 98382



Securities and investment advisory services offered through Osaic Wealth, Inc., member FINRA/SIPC and a Registered Investment Advisor. Insurance services offered through Tracy Wealth Management, which is not affiliated with Osaic Wealth, Inc.



## Healthy U! Class

**One-time event so  
mark your calendars!**

**"Boost Short Term  
Memory & Brain Power"**

**Monday, March 11 3-4 pm**

**\$2 members, \$4 non-members**

**Learn fun and effective ways to improve  
your short-term memory and your  
overall brain capacity.**

**Try these easy and important  
ideas to sharpen your brain  
and memory.**

**Please call to register.**

**360-683-6806**

**Taught by Barb Paschal, Retired Physical Therapist**



## NEW Group: Interested in Reader's Theatre?

Join Ted Brown for table reads, (no memorizing)  
of plays both old and new.

Relive some of those wonderful old-time radio  
shows in a group of lazy thespians. You love plays  
and maybe even voice acting but don't want all the  
trouble of memorizing lines and building sets.

We'll have scripts and will be  
starting with old "Fibber  
McGee and Molly" episodes!  
From there it's all a mystery.  
Call the office to express  
your interest.

**360-683-6806**



## Shipley Center Spring Fling Bazaar!

**Saturday, April 27 9-3**

Vendors may register  
beginning March 1.

**\$30 per table.**

Limited table space.

Please come into the office  
to sign up.

**360-683-6806**

## Investment Group

Frank Paton has been a successful investor for over  
40 years and would like to participate in a sharing of  
ideas and experiences with others.

(This group will not be investing jointly.)

**We are ready to meet!**

Monday, March 4 at 10am in the Classroom.

Call the office to be sure you're on our list.

**360-683-6806**

## Where are YOU From?

The new **Genealogy group** will meet on Friday  
March 1st and March 8th from 12:30 to 2:30  
in the Shipley Computer lab.

Future meeting days and times will be discussed.

This group might be a good starting place if you  
have ever had an interest in learning about your  
heritage and/or your DNA.

Bring your questions and past findings to discuss.

Call the front desk to sign up!

**360-683-6806**



## That's a Lot of Bunco!

Kathy Kelsey would like to  
start a once-a-month

Bunco group.

Interested? **360-683-6806.**





- |   |  |   |  |
|---|--|---|--|
| 1 Chris Burton<br>Cynthia Edel<br>Theresa Hall<br>Patrica Jacobs<br>Rene Rodgers<br>Stephanie Swensson  | 9 Richard Bachar<br>Gary Barber<br>Katherine Constable<br>Pamela Erickson<br>William C. Ledbetter<br>Ryoko Toyama                          | 17 Donald Boren<br>Janice Canale<br>Patricia Fogard<br>Dale Hannaly<br>Pat Svege  | 24 Scott Adler<br>Elinor Lee<br>Lynda Moynihan<br>Ralph Turner   |
| 2 Marcia Homer<br>Alan Jones<br>Kim Merrick<br>Orland Russell   | 10 Joseph A. Chiarella<br>Jane Millet<br>Mike Peterson<br>Kirsten Ruhl   | 18 Pat Bohn<br>Albert Burge<br>Diane Fisk<br>Sue Iverson<br>Glenn Patterson   | 25 Lorri Gilchrist<br>Roberta Sherrod  |
| 3 Doug Harper<br>Lois Reed<br>Kevin Roth  | 11 Sue West<br>Sandy Yankow  | Betty Saviano<br>Bill Sullivan<br>Robert Young  | 26 Elizabeth Abbott<br>Linda Agostini<br>Ann Waldron   |
| 4 Don Alexander<br>Donald Benbow<br>Rena (Roenah) Blank<br>Robert Brown<br>Patricia Gibson<br>Kathy Grater<br>Bertha Jones<br>Sue Pechina<br>Catherine Venator<br>Lilias Melinda Walton<br>Cindy Yarnchak | 12 Irene Bowman<br>Rhoda Cunningham<br>Marlene Fuller<br>Clare Hatler<br>Kathryn Kitts<br>Linda Ogden<br>Shawn Shepherd                    | 20 Loretta Baughman<br>Carol Dries<br>Delmarie Fieldhammer<br>Joann Garner<br>Brian Grad<br>Kathy McCoy Jones<br>Robert Medsker<br>Wendy Meusey | 27 Nancy Bolon<br>Lacy Hennessey<br>Coletta Hussey<br>Barbara Kane<br>Montel Livingston<br>Jim Long<br>Gerry Sladowski |
| 5 Brad Edwards<br>Elizabeth Smith<br>Keoki Staab  | 13 Jane Felland<br>Denise Lapio<br>Amber Leary<br>Laura Olvera<br>Frederic Robinson<br>Carol Roszatycki<br>Janice Rozanski<br>Walter Young | 21 Kirstine Bennett<br>Nancy Booth<br>Dale Hadley<br>Lang Hadley<br>Judy Harniss<br>Joan Hermanson<br>Mary Ellen Reed                           | 28 Tom Cook<br>Marty Fimmel<br>Eva Kozun<br>Ingrid Lehrer<br>Cynthia Ostrom  |
| 6 Patrick L Dillon<br>Joanne Pentz<br>Jeanne Marie Truskin<br>Carol Yada  | 14 Larry Kahle<br>James Mann<br>Nanette Osborne<br>Paul Sawyer<br>Karen Tiefenthaler   | 22 Susan Geritz<br>Renee L Meyer<br>Robert Nagy<br>Melba Nerida   | 29 William Barger<br>Cheryl Kangas<br>Terry Mendicino<br>Chris Orban   |
| 7 James Ferguson  | 15 Nadine Roberts<br>Kevin Tracy<br>Dorothy Wilson-Hutt  | 23 Beth Culhane<br>Jeanette Hiatt<br>Dede Juliussen<br>Roger Maes<br>Linda Townsley<br>Alene Wilson   | 30 Greg Bacon<br>Jean Epps<br>Richard Godsey<br>Gene Page  |
| 8 Zoe Atcheson<br>Mary Brancacio<br>Margaret Lajambe<br>Renee Millar<br>Randall Radock<br>Helen Riley   | 16 Carl Allen<br>Susan Allen<br>Jacqueline Davis<br>Ronald Hansen<br>Mary Kuntz<br>Grace Lambert   |   | 31 Beverly Dawson<br>Debbie Eustice<br>Patt McCleary<br>Patricia Peacore<br>Dennis Smith                               |



# Community Announcements

## Single? Join Shipley Singles Activities!

**March 13, 4:30 pm, Single Mingle**

**Monthly Singles Dinner, 5pm**

**Members \$15, Non Members \$20**

**Menu: Lasagna, Caesar Salad, Garlic Bread,  
Tiramisu, Coffee**

**Tickets can be purchased  
at front desk starting March 1.**

## March 26, 9am Senior Singles Breakfast

**Let's go out to Leo's Café together, every 4<sup>th</sup> Tuesday  
at 9am, 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**

## 25th Annual Gala Garden Show

March 16 and 17 at the Boys and Girls Club,  
400 West Fir, Sequim.

Featuring Karen Chapman CPH Designer,  
Speaker, Author who will present on  
Deer Resistant Design.

Attend classes by the Master Gardeners of  
Clallam County. Over 50 garden-related  
vendors, cafe and raffle.

Adults \$5 and children under 12 free.

## WOW! WORKING ON WELLNESS

**2:00 pm – 3:00 pm**

**Wednesday, March 13**

**KSQM FM Radio Station 91.5 FM**

Speaker: Tim Paschal, Olympic National Park  
volunteer and author of: *Loop Hikes in the  
Olympic Mountains*



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

**National Federation of the  
Blind** will be meeting on  
Monday, March 11 at 1pm.

All are welcome to attend in  
Shipley Center's Front Room.

Stay in the loop with Sequim School District's  
latest news, events, and achievements!  
Simply share your email address with us by  
emailing Megan Lyke at  
[mlyke@sequimschools.org](mailto:mlyke@sequimschools.org) to receive our  
informative newsletter.

The Sequim Accordion Social will be held at Shipley Center  
on Sunday, March 10th from 1:30-4:00.

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

A suggested donation of \$5 per person is requested to help  
with room rental.

Our featured player will be Lyle Schaefer.  
Call Lynne Clark for more info. 360-775-6241



## Shipley Singers

Shipley Singers has found their  
accompanist and are ready to  
take their act on the road!

**They welcome additional singers.**

Please call 360-683-6806 to  
express your interest in singing with them.



## Birthday Cards, Envelopes of ALL COLORS & Stamps Needed!

Donate your **NEW BIRTHDAY CARDS** to  
our Shipley Center Card Coordinator!

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

**Please bring them to the front desk.  
Thanks so much!**



## Sequim Tax-Aide Info: **YOU MUST CALL**

to make an appointment for  
Sequim Tax-Aide service: **360-207-4845.**

**TAX AIDE** appointment times are:

**Wednesdays 9-3. Thursdays 12-4.**

**Saturdays 9-3.**

Please leave your name and phone number.



**Veterans' Coffee  
Break**  
Please join us on  
Mar. 21, at 10am in  
the Shipley Library.

# MARCH 2024 –WEEKLY ACTIVITIES

MON

TUE

WED

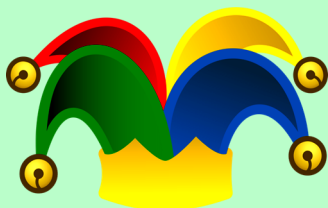
THUR

FRI

## FANTASTIC SOCIAL EVENTS COMING SOON!

Remember to get your tickets for  
both the St. Patrick's "Let's Be  
Irish" Luncheon

coming up on Friday, March  
15th and The "FOOL'S FEAST"  
on April 1st!

**1**

9am-Balance  
Exercise  
9:30am-Fiber Arts  
9:30am-Basic  
Meditation (**Zoom**)  
10:00am-Line  
Dancing-**(Int.)**  
11am-Zumba Gold  
12pm-Poker  
12:30pm- Line  
Dancing-**(Beginner)**  
12:30pm-Genealogy  
1:30pm-EZ Yoga

**4**

9am-Balance Exercise  
10am-Investment  
Group  
10:30am-Creative  
Journaling with Kathy  
11am-Zumba Gold  
1pm-Ukulele  
1pm-Computer Clinic  
2:30pm-It's Never Too  
Late

**5**

9:30am-Fiber Arts  
10am-Investment  
Group  
10am-SHIBA  
10am-Tai Ji  
10am-Watercolor-**(Int)**  
11:30am-Cribbage  
11:30am-"10-20-10"  
1pm-N.O.W  
1pm-Ping Pong  
1pm-Pinochle  
2pm-Grief & Wellness  
Group  
2:00pm-Beginning Hula

**6**

9am-Balance Exercise  
9am-Water Media  
10am-Diabetes Support  
Group  
11am-Zumba Gold  
12pm-Bridge  
12:15pm-Chair Dancing  
1pm-Mahjong  
1:30pm-EZ Yoga  
3:30pm-Ping Pong

**7**

9:30am-Spanish  
Conversation  
9:30am-Tai Ji  
10am-Euchre  
10:30am-Tap  
12:15pm-Bingo  
1pm-Book Sharing  
1pm-Scrabble  
3:30pm-Ping Pong

**8**

9am-Balance  
Exercise  
9:30am-Fiber Arts  
9:30am-Basic  
Meditation (**Zoom**)  
10:00am-Line  
Dancing-**(Int.)**  
11am- Zumba Gold  
12pm-Poker  
12:30pm-Line  
Dancing-**(Beginner)**  
12:30pm-Genealogy  
1:30pm-EZ Yoga

**11**

9am-Balance Exercise  
10:30am-Creative  
Journaling with Kathy  
11am-Zumba Gold  
1pm-Ukulele  
1pm-Computer Clinic  
1pm-National  
Federation of the  
Blind  
2:30pm-It's Never Too  
Late  
3pm-Memory  
Improvement

**12**

9:30am-Fiber Arts  
10am-Investment  
Group  
10am-Tai Ji  
10am-Watercolor-**(Int)**  
11:30am-Cribbage  
11:30am-"10-20-10"  
1pm-N.O.W  
1pm-Ping Pong  
1pm-Pinochle  
2pm-Grief & Wellness  
Group  
2:pm-Beginning Hula

**13**

9am-Balance Exercise  
9am-Water Media  
11am-Zumba Gold  
12pm-Bridge  
12:15pm-Chair Dancing  
1pm-Mahjong  
1:30pm-EZ Yoga  
3:30pm-Ping Pong  
4:30pm-Senior Singles  
Mixer and Dinner

**14**

9:30am-Sewing Class  
9:30am-Spanish  
Conversation  
9:30am-Tai Ji  
10am-Euchre  
10am-"Hooked on  
Fishing"  
10:30am-Tap  
12:15pm-Bingo  
1pm-Scrabble  
1pm-WFPB  
3:30pm-Ping Pong

**15**

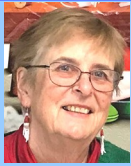
**Let's Be Irish!**  
**Luncheon**  
**LEO'S CAFÉ**  
**CLOSED**

9:30am-Fiber Arts  
9:30am- Basic  
Meditation (**Zoom**)  
11am-Zumba Gold  
12pm-Poker  
1:30pm-EZ Yoga



# MARCH 2024 –WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
<b>18</b> 9am-Balance Exercise 10:30am-Creative Journaling with Kathy 11am-Zumba Gold 1pm-Ukulele 1pm-Computer Clinic 2:30pm-It's Never Too Late 3pm-Senior Show and Tell	<b>19</b> 9:30am-Fiber Arts 10am-SHIBA 10am-Investment Group 10am-Tai Ji 10am-Watercolor-(Int) 11:30am-Cribbage 11:30am-"10-20-10" 1pm-N.O.W 1pm-Ping Pong 1pm-Pinochle 2pm-Grief & Wellness 2:00pm-Beg. Hula	<b>20</b> 9am-Balance Exercise 9am-Water Media 11am-Zumba Gold 12pm-Bridge 12:15pm-Chair Dance 1pm-Mahjong 1:30pm-EZ Yoga 3:30pm-Ping Pong	<b>21</b> 9:30am-Spanish Conversation 9:30am-Tai Ji 9:30am-Sewing Class 10am-Euchre 10am-VET's Coffee 10:30am-Tap 12:15pm-Bingo 1pm-Scrabble 3:30pm-Ping Pong	<b>22</b> 9am-Balance Exercise 9:45am-Fiber Arts 9:30am-Basic Meditation (Zoom) 10:00am-Line Dancing-(Int.) 11am-Zumba Gold 12:00pm-Poker 12:30-Line Dancing (Beginner) 1:30pm-EZ Yoga
<b>25</b> 9am-Balance Exercise 10:30am-Creative Journaling with Kathy 11am-Zumba Gold 1pm-Ukulele 1pm-Computer Clinic 2:30pm-It's Never Too Late	<b>26</b> 9am-Senior Singles Breakfast 9:30am-Fiber Arts 10am-Investment Group 10am-Tai Ji 10am-Watercolor-(Int) 11:30am-Cribbage 11:30am-"10-20-10" 1pm-N.O.W 1pm-Ping Pong 1pm-Pinochle 2pm-Grief & Wellness 2:00pm-Beg.Hula	<b>27</b> 9am-Balance Exercise 9am-Water Media 11am-Zumba Gold 12pm-Bridge 12:15pm-Chair Dance 1pm-Mahjong 1:30pm-EZ Yoga 3:30pm-Ping Pong	<b>28</b> 9:30am-Spanish Conversation 9:30am-Tai Ji 10am-Euchre 10:30am-Tap 12:15pm-Bingo 1pm-Scrabble 3:30pm-Ping Pong	<b>29</b> 9am-Balance Exercise 9:45am-Fiber Arts 9:30am-Basic Meditation (Zoom) 10:00am-Line Dancing-(Int.) 11am-Zumba Gold 12:00pm-Poker 12:30-Line Dancing (Beginner) 1:30pm-EZ Yoga
<b>Monday</b> <b>April 1st</b> <b>Don't miss</b> <b>The FOOL'S Feast!</b> 	<b>Sunday</b> <b>March 10</b> <b>1:30-4:00</b> <b>Accordion Social</b>  <b>March 3, 17, 24</b> <b>1:30-pm Ping Pong</b>	<b>Saturday</b> <b>March 9th and 23rd</b> <b>Bridge 6:30pm</b> <b>March 2nd and 16th</b> <b>Square Dancing 5:30pm</b>	<div> <b>Find the Hidden Object</b>  </div> <p>Somewhere in this month's issue is a picture of a shamrock. Once you spot the object, email your name, phone number and the location (page number) to <a href="mailto:programs@shipleycenter.org">programs@shipleycenter.org</a>.</p> <p>Or you can come into the Office and fill out a form and turn it in by the 15<sup>th</sup></p> <p>You can win \$4 off at <i>Leo's Café</i> or \$4 in Activity Bucks!</p>	



## Spotlight on . . . Barb Paschal

**By Margaret Cox**

As many of you know, I have been leading the Balance Exercise class at Shipley for some eighteen years or so (I've lost count!). Many have asked, "Where did those routines come from?" While there have been some changes over time, the basic core exercises were developed in 2000 by long-time physical therapist, Barb Paschal. She wanted some simple exercises that almost anyone could do that would help with the balance issues many of us experience as we age.

I wanted to find out more about this energetic, enthusiastic woman and what brought her to where she is today, a true "woman on a mission!"

### Early Training

Barb was born and brought up in Arlington Heights, a community 45 miles from Chicago, the middle of three children. After graduating from Arlington High School, it was off to De Pauw, a Liberal Arts University in Greencastle, Indiana, with the goal of becoming a nurse.

While there, she was introduced to Occupational Therapy (OT) and Physical Therapy (PT), as possible career choices. Barb became excited about the possibilities of PT. Although PT courses were not available at De Pauw, she continued her studies there, graduating with a degree in Psychology.

Where to go for PT education? Only twenty schools in the US offered this intensive course of one year, eight hours a day, five days a week. Barb couldn't afford to further her education in most of these Universities but the US Army provided the needed education for a B.S. in Physical Therapy while paying its commissioned officers a salary which helped Barb pay off her undergrad loans.

### We're In the Army Now!

Since WW II, the Army's PT Program had gained quite a reputation. Now, with all the service personnel returning with grievous injuries from Vietnam, therapists were needed. Twenty women were accepted into the two-year program (one year of study and internship; and one year as a PT) at Brooke Army Medical Center (BAMC) in San Antonio, TX. For Barb's second year, she was assigned to the Madigan Army Medical Center in Tacoma. There, as First Lieutenant, her patients were not only veterans, but their families too.

### Many Professional Experiences

After fulfilling her 2-year commitment, Barb left the Army thankful for her excellent education. Next, she worked at Rancho Los Amigos Rehabilitation Center in L.A. Then a move to Santa Rosa where Barb worked in Special Education schools and clinics (This was before inclusion programs where students with special needs were mainstreamed into regular classes.). There she saw children from two weeks old through age 18. Then she moved to work in a hospital in Greeley, Colorado and learned the fun of cross-country skiing. She moved to Olympia, working at St. Peter's Hospital with people with a multitude of injuries and surgeries, then with Home Health for three years, which helped her become more holistic in her approach to health.

### Life's Blessed Second Half

Here it was where Barb met Tim (a junior high school principal, and later the School District Superintendent) on a blind date set up by his cousin. A year later they tied the knot . . . a marriage that will mark 40 years this year! They lived and worked in Silverdale many years before Tim's retirement.



In this newspaper story, Barb is tutoring Emma Rhodes, daughter of Shipley Center's former Program Director, Michelle Rhodes!

*Spotlight* continued from page 12

Both loved the outdoors, backpacking, and cross-country skiing in our beautiful Olympic National Park. Since then, they have hiked in many of the National Parks in the US and Canada; and some in Europe. They had wonderful times traveling to many beautiful spots in the world.

Tim retired in 1999 and they bought 30 acres on Lost Mountain Rd. At this time, Barb was commuting to her job in Poulsbo with Group Health Cooperative, retiring a year later and working with the hospital and department at OMC for a year.

In 2002, Barb was diagnosed with metastatic cancer with a prognosis that she may never talk again and less than five years to live. After two surgeries and many high-dose radiation treatments, she was grateful to be able to do what she loved: help people learn about Balance.

Since then, Barb has continued paying that gratefulness forward! She developed a 90-minute class called Balance Aerobics. It entailed 30 minutes of education about anatomy and kinesiology and 60 minutes of exercise. She taught it for two years in the Sequim and P.A. Senior Centers through Peninsula College.

It was at that time that she found great joy in watercolor painting and creativity. She also found helping two special children learn to read at the Boys & Girls Club life-changing.

### Barb at Shipley

Currently, at Shipley, Barb has her Tuesday, "10-20-10" classes (see p. 6) 1st Thursday Book Sharing (see p. 6) and a one-time seminar this month on Boosting Short-Term Memory and Brain Power (see p.7). A class in the works, coming soon, will be writing memory books of beauty and thankfulness.

Barb loves living in Sequim; the beauty of the area and its people. She is enthusiastic about the new HAWA building. She has "watched Shipley Center grow from being a place of very few people, a place hardly anyone knew about" to what it is today with some 1800 members with more programs being added as time and space permit. "The new building will be amazing! Just think of all the possibilities!"

And, just think of the possibilities Barb, ever the believer in everyone's potential, and what they will be able to achieve with encouragement and caring, will be able to think of next! Thank you, Barb, for playing such an active role in bringing Shipley's mission to the Sequim community!

Barb in St. John's, Newfoundland.



\*\*\*\*\*

### FRIENDLY CALLER PROGRAM

Would you be interested in participating in our new Friendly Caller Program? This program is an opportunity for members to routinely (about once per week), reach out to others by phone providing our seniors with regular opportunities for conversation and connection.

Please call the front office if you would be interested in being a caller or if you would enjoy getting a call! 360-683-6806



### Shipley Center's Bad Weather Closure Policy

As we are into the bad weather season, we want to remind you about our Bad Weather Closure Policy. It is always best to be prepared!

If Sequim School District says **NO SCHOOL on their website**, then Shipley Center will be **CLOSED for the ENTIRE DAY**. Please Note: **LATE START** days, we *may* be closed.

Call the Center after 8:30 am to check, or go to our *Facebook* page:

[www.facebook.com/ShipleyCenter](http://www.facebook.com/ShipleyCenter)

**SCHOOL DISTRICT CLOSURE INFO CAN BE FOUND ON: [www.sequimschools.org](http://www.sequimschools.org)**



Local weather info can also be found on: **FM Radio-** KSQM 91.5 KIRO 93.1 KMPS 94.1  
**AM Radio-** KONP 1450 KIRO 710 KOMO 1000 **TV-** KOMO 4 KING 5 KIRO 7 Q13FOX





## Would you like to play POKER?



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



**Spanish Class meets  
Thursdays 9:30-11am  
in the Art Room.**



**Computer Clinic on Mondays, 1 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.



**Balance Exercise**  
Improve strength,  
endurance, flexibility and  
prevent falls.  
Led by Margaret Cox  
M-W-F 9am

### SHOW AND TELL FOR SENIORS



Bring something interesting to  
show and talk about. It can be  
an antique, hobby, pet or something  
else that you enjoy.  
This fun and interactive group is  
led by Michael Smith.

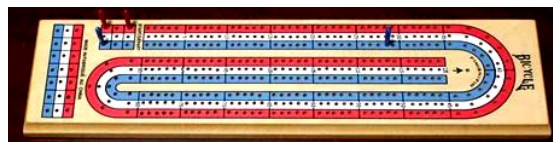
**3pm on the Third MONDAY each month**  
Activity fee: \$2 for members, \$4 for non-members



**EUCHRE**  
Every Thursday  
10am-12  
Led by John Christian  
Just show up for fun and  
laughter!

### Cribbage

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



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>

Come and play every Thursday at 1pm!

## Bridge

**Wednesdays with Earl Karich**  
**12:00-3:30pm.**

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

### PINOCHLE

Led by Lynda Moynihan  
Tuesdays 1:00pm



### Ping Pong

Tuesdays 1-2pm,  
Wednesdays 3-4:30pm,  
Thursdays 3-4:30pm,  
Sundays 1:30-3:30pm

## COMPUTER LAB



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



Games start at 12:15pm on Thursdays.  
Come early to purchase your cards.  
Members \$1/ Non-members \$2  
Bingo Cards are just 50 cents each.  
15 games, and we also have a Potluck.  
BIG Money on the last Blackout!

# Thank You TO OUR DONORS

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Becky & Lynn Skilling  
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Mimi Sutton  
Robbie Varney  
Mary Lou Westman  
Leland White



## Health & Wellness Annex

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Nancy Childs  
Anna Gregory  
Bill & Tamara Harrington  
Mahina Lazzaro



**Thank You!**

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## Memorial Gifts

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Robert Palmer  
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## Special Gifts

**In appreciation for Ray Bentsen  
From Lani Wong & Melinda Walton**

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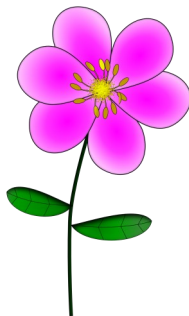
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 SWIMSUIT  
 TICKETS  
 TRAVEL  
 WAVES

# WORD SCRAMBLE

## Spring Words

cltiraepplar \_\_\_\_\_  
 rwfeosl \_\_\_\_\_  
 hnsusnei \_\_\_\_\_  
 sygludab \_\_\_\_\_  
 ninrgia \_\_\_\_\_  
 iasofddlf \_\_\_\_\_  
 larbelum \_\_\_\_\_  
 oblomss \_\_\_\_\_  
 irnaowb \_\_\_\_\_  
 tdsiueo \_\_\_\_\_  
 epdluds \_\_\_\_\_



Did you hear about the flowers that died  
 and then came back to life?  
 It must have been rein-carnation.

What type of flower do you plant in the  
 dark? A lightbulb.

Which superhero likes spring the best? Robin.

Why did the farmer bury his money?  
 To make his soil rich!

Why is Yoda such a good gardener? He has a green thumb!

It's allergy season again?! You've got to be pollen my leg.

When's the best time to wash your Slinky?  
 During spring cleaning.



What do you call a bear caught in a spring shower?  
 A drizzly bear.

What do you call it when worms take over the world?  
 Global Worming.


What is a pole vaulter's favorite drink?  
 Spring water.



I sent 10 puns to a pun contest, hoping one would win...  
 But no pun in ten did.


See Page 19 for answers to the Word Scramble!





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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!

To join the "**MGM Club**" call **Michael Smith**  
**360-683-6806**



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Rhuchonson @gmail.com

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

Footcare  
Days:  
**Mon, Tues,  
Wed, Thurs  
9am - 4pm**

Please call  
Rhonda  
for appointment!



Certified by WA Dept. of Health

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

Pedicures  
Manicures  
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John Sebastian, who is a volunteer  
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**John handles all phases of moving.  
Please call 541-571-3765 to discuss  
your needs.**

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(Moving services not affiliated with Shipley Center.)

### 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>Denise Amos</i>	<i>Bookkeeper</i>
<i>Duane Cobb</i>	<i>Maintenance</i>

### OFFICE VOLUNTEERS

### CAFÉ VOLUNTEERS

Cindy Crossman	Linda Rees	Susan Geritz
Nancy Madison	Becky Skilling	Cindy Grey
Debbie McIntyre	Lynn Skilling	Susan Hunt
Kathy Nichols		Renee Millar
Brenda Peck		Steve Romberg
Amy Kruyt-Pettett		Karen Rose
		Nancy Southwick

**Bus Maintenance:** Lou Foldoe

**Bus Drivers:** Janelle Kelly, Terry Mendicino, Eric Mullen, John Sebastian

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

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# Classifieds

**INSIDE/OUTSIDE/COVERED  
RV/BOAT STORAGE RENTAL SPACE**  
(360) 683-8912

HOUSEKEEPER: Licensed and Insured \$35 an hour  
Laundry and Ironing OK! Shipley member.  
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Answers to Word Scramble:  
caterpillar, flowers, sunshine, ladybugs, raining,  
daffodils, umbrella, blossom, rainbow, outside,  
puddles





Office Phone: (360) 683-6806  
E-mail: [info@shipleycenter.org](mailto:info@shipleycenter.org)  
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Travel desk: (360) 683-5883  
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### The Center News Sneak Peek...

St Patrick's Luncheon, Estate Sale p. 1  
Trips and Tours pp. 2-3  
Leo's Café p. 4

Michael's Message "Honoring Our Volunteers" p. 5  
Calendar pp.10-11  
Spotlight on *Barb Paschal* pp.12-13  
Puzzles and Fun p.16

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