



Benefit
SALE



Tickets for sale in the office June 1st.

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★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



TRIPS & TOURS

Debbie Patterson, Trips & Tours Coordinator



Shipley Center Trips: 360-683-5883

trips@shipleycenter.org



Treasures of Ireland

Scheduled for October 24, 2023

You can still sign up!

-Reserve now-

360-683-5883

Dobro došlo, ljeto This is Croatian for, Welcome Summer!

Warm weather means it's time to get out and about – the weeding can wait while you take a trip!

Underground Tour of Port Angeles Tuesday June 13th: Because of flooding issues in the early 1900's, the citizens of Port Angeles made a plan to elevate the city's downtown streets, creating a network of underground tunnels and storefronts. Don will drive us to Port Angeles where we will have a docent tour. After the tour we can enjoy lunch in beautiful downtown Port Angeles (on your own). You might even have some time for shopping!

Departs 9:00 am to about 3:30 pm

\$37 M / \$41 NM

Clearwater Casino, Monday June 19th: Another fun day with Driver Don to hang out with friends, have some lunch and try your luck!

Departs 9:00 am to about 4:00 pm.

\$15 per person

Collette presentation for Greece and WWII Memorial Tour, Thursday June 22 at 11:00:

If you are interested, please sign up at the trips office or call 360-683-5883.

We will need to know how many chairs to set up.

Cape Flattery & Makah Museum, Thursday, July 13th: We will drive to Neah Bay for a day of various activities. Let's start with Cape Flattery. This short hike will take you to the most **north-western point** of the continental USA! But, if you have ANY issues with balance or if you need a walker, this is NOT for you. **However**, if you would like to come and relax while some take the hike, you can bring a beach chair and book. Then you can join us on the next adventure. We will stop for lunch (on your own). If you'd rather pack a lunch for a picnic, that's fine too. After lunch, we will enjoy a docent tour at the **Makah Museum!** You will see an array of exhibits featuring 300 to 500-year-old artifacts from a Makah village at Ozette, cultural photos, traditional clothing, and much more! This museum is sure to please those wanting to learn about our area's history.

Deadline: June 30th.

Departs 8:30 am to about 6:00 pm.

\$55 M / \$60 NM

Clearwater Casino, Monday, July 17th: Don't miss out on an exciting day with friends for some fun and lunch!

\$15 per person

Spruce Railroad Trail & Crescent Lake, Friday, July 21st:

Take a trip back in time on this historic hike along Lake Crescent. This short hike is part of the much longer Olympic Discovery Trail, with a microclimate of warmer and drier conditions than areas just a few miles away. Bring a picnic lunch to enjoy by the lake, or have lunch at the Lake Crescent Lodge (on your own).

Deadline: July 12th

Departs 9:00 am to about 4:00 pm.

\$25 M / \$29 NM

Continued on page 3

Trips Continued-

Savannah/Charleston presentation, Monday, August 28th: Looking ahead to plan for next year, don't miss out on the presentation for this trip scheduled for March, 2024! More details in next month's newsletter.

Harrison Hot Springs, September 5-8: We are actively working on this trip. If you are interested and want to be put on the list, call the trips office at 360-683-5883. Prices will be available in the next weeks.

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

Victoria Holiday: Information should be available in July's newsletter.

We are actively looking for a volunteer bus driver with a Commercial Drivers License with passenger endorsement. If you know a retired bus driver who might be interested and would like to go on fun trips, please have them contact us and we can let them know about the benefits of being a Shipley Bus Driver!!



Looking forward to seeing you on the Shipley bus!

Debbie

A journey of a thousand miles begins with a single step. – Lao Tzu

***Exploring Greece & Its Islands
With Collette Tours***

***Scheduled for April 2024
This is a 16 day trip!***

Presentation on June 22 at 11:00

360-683-5883

Call if you would like to attend!

***Memorials of World War II
With Collette Tours***

***Scheduled for Sept 30 thru Oct 9 2024
Presentation on June 22 at 11:00***

360-683-5883

***Let me know if you would like to
attend! trips@shipleY.org***



**PUZZLE-MAYNIA
WINNERS!**

Left: 1st Place, Team "Piece Out" finishing a 300 piece puzzle in just 34 minutes, L to R: Brenda Peck, Renee Millar, Angela Jeziorski, & Jean Wolfe.

Right: 2nd place, Team "CC Park Puzzlers" L to R: Cheryl Ford, Bill Mueller, Lavonne Mueller, & Mary Allen Clark.



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921 E. Hammond St. Sequim, WA 98382 Year 52, Issue #6***

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 ShamyA Waters, programs@shipleYcenter.org



Leo's Café Menu

Monday-Friday 9:00 am-2 pm

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



Frittata – (Like a crustless quiche) Served with a savory treat. \$10.
Bacon and Spinach, or Veggie

Quiche– Crab Asparagus Served with a savory treat. \$10.50

Soups – Made from scratch daily and served with a savory treat \$6.

Salad – Served with a savory treat. \$9.50, add cup of soup for \$4.
Kathryn's famous Dilled Chicken
Side Salad \$4.50

Sandwiches – served on Dave's Killer Bread or a Croissant \$10.

Dilled Chicken

Reuben

Tuna

Turkey Meatloaf

Veggie

All served with pickle and chips. Add cup of soup for \$4.

Wrap-\$10.

Turkey-Cranberry-Cream Cheese in whole wheat wrap

Baked Paninis- \$10.50

Pesto Chicken

Assorted Pastries, Muffins, Savory Treats, and yes ... Macaroons (Chocolate-Dipped or not), and shortbread cookies. A variety will always be available. \$2.-\$4.



Look for our Daily Specials!

Beverages include coffee, teas, sodas, espressos, lattes, and Kathryn's Elixirs! \$1.-\$3.50

Bits 'n Bites:

Scrambled Egg \$1.50, Bacon or Chicken Sausage \$1.25 per piece,

Toast 2 slices with Jam & Butter \$2.50, Croissant with Jam & Butter \$3.,

Biscuits and Gravy (\$3.50 for one or \$6. for two).

Leo's Café has a direct phone number! Call (360)775-3883 for orders or questions.



PODs, TODs, and TODDs

BY MICHAEL SMITH, EXECUTIVE DIRECTOR

Without giving legal advice, (because I'd never do that without a license), I'd like to introduce you to some friends who can give you peace of mind concerning the disposition of your estate. Allow me to introduce you to PODs, TODs and TODDs (with two Ds!).

A POD, or Payable On Death account at a bank or credit union, lets you leave your checking, savings, money market, or CDs directly to any beneficiary you wish to name. Your beneficiary can be a relative, friend, and/or a favorite charity. The beneficiary of a POD account receives your bequest in a timely manner, without the account having to go through court or probate proceedings. You maintain full control of the account, and beneficiaries are not entitled to know your balance or other information about the account until your passing. Ask your banker about how to add a POD beneficiary to an account.

A TOD, or Transfer On Death account, is POD's cousin over at your local brokerage house or mutual fund company. Washington state lets you register stocks and bonds on a transfer-on-death form. Many brokerages strongly suggest setting up a TOD when you establish your account, but a beneficiary can be added or changed at any time. Your beneficiary will inherit your account automatically at your death and the securities you own will not have to go through probate. As with POD, you should let your beneficiary know they are named so they will know to make a claim for the funds when the time comes. Also, like a POD, no beneficiary has a right to any information about your holdings, balance, or to see any statements until after your passing.

A relatively new cousin to POD and TOD is the TODD, or Transfer On Death Deed for real estate. This probate-free way of passing property on to beneficiaries was passed into law in Washington in June of 2014. Transfer on Death Deeds, also known as Beneficiary Deeds are recorded now, but do not take effect until your death. If two or more owners are listed on the property, the TODD does not go into effect until the last owner passes away. You can still revoke the deed or sell the property at any time.

You will want to make sure there are enough funds in at least one account to handle any debts and other final expenses. If all your liquid assets go straight to beneficiaries, you could leave your executor without enough ready funds.

So, while PODs TODs and TODDs may not be for every account and asset, in the right situations, they are great tools to use. Be sure to consult your tax advisor and attorney concerning their suitability to your situation and legacy planning.

You may also want to consider naming worthy charities as partial or full beneficiaries of your life insurance and annuity policies. These policy proceeds also do not go through probate.

You can make a permanent impact on the future by leaving a legacy gift to those organizations who are doing the work you believe in. We appreciate so much those who have made these kinds of gifts, like the late R. Leo Shipley. His desire was that his gifts would encourage all of us to think like philanthropists and support local charities like Shipley Center.

Thank you for all you do for your Shipley Center!



Michael

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



Mahjonn

Want to learn to play American mahjonn?

Come Wednesdays, 9 to 11AM. Class limited to 4.

If you already know how to play, please join us at 1:00 PM every Wednesday. Questions? Dianne Whitaker at 360-775-6150



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

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.

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!
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



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.



ART & WRITING CLASSES with Natasha Willow

Oil Pastel Art class: June 12

Imaginative Writing class: June 5, 26

Class fees:

Art is \$3 members/\$5 for non-members

Writing is \$2 members /\$4 for non-mem.

Please call 360-683-6806 to sign up.



Have YOU tried YOGA?

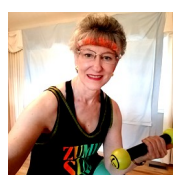
EZ Yoga

Wednesdays and Fridays at 1:30!



TAI CHI

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



Come join Beth Glick For ZUMBA

from 11am – noon

Monday - Zumba Gold

Wednesday - Zumba Toning

No Zumba June 16-July 3rd Friday - Zumba Gold

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.

Through a consultative process we then learn the details of your financial picture so we can construct and deliver a customized plan along with your personal "Financial Action Checklist."

Our experienced team of professionals fully evaluates your situation to prepare personal solutions that integrate investment planning, tax reduction planning, retirement income and distribution planning, and family wealth planning.

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



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

Healthy U! Classes

Tuesday, June 6, 13, 20

11:30 to 12:30



June 6-Self Care with Acupressure

Learn useful Acu Zones, Techniques & Tools for managing pain, strengthen immune system, and improving your health.

Taught by: Randy Sorenson, MS, EAMP and Acupuncturist with more than 20 years experience. Class limited to 8 persons

June 13-Achy and Stiff? 11:30-12:15

Join Barb Pascal as we gently stretch to music. *Requirements: ability to get up from the floor by yourself and bring your own yoga mat.*

June 20-Understanding PTSD

Come join Counselor, Neil Gamroth and learn usable, helpful methods to reduce unpleasant responses to past trauma and stress.

Please call to register for these great classes!
360-683-6806

\$2 for members
\$4 for non members
 Registration is required.



SEQUIM RARE PLANTS

Many thanks to:
New Dungeness Nursery
and Sequim Rare Plants!
 Both businesses donated flowers
 for our Shipley Center
 flower boxes!





- | | | |
|---|--|--|
| 1 Robert Falstad
Donald Thayer
Julie Turnross | 13 Steve Beattie
Anitta Blichfeld
Elaine Churchill
Thomas Davies
Deborah Ferguson
Tamara Harrington
Teresa Hennings
Tyke (Virginia) House | 23 Melissa Doyel
Janis Hayward
Martha Hill
Karen Teig |
| 2 Mary Bland
Charlotte L. Frazier | 14 Theresa Gooden
Kristine Henshaw
James Kenagy
Dave Platt | 24 Natasha Nichols
Pat Urso |
| 3 Audrey Brinkley
Michelle DeBeixedon
Helga McGhee
Anita Shaw | 15 Judith Ashley
Wanda Bean
Nancy Childs
James Minton
Karen Peterson | 25 Don Bell
Sandra Dubro
Sheila Gagnon
James W. Killian
Craig Miller
Jackson Williams |
| 4 Linda Styles Adams
Rebecca Zander | 16 Steve Chartier
Laura Erickson | 26 Pat Gachowski
Walt Geil
Anne Knight |
| 5 Catherine Merideth
Valerie Norton
Susan Waldroup
Betty Zander | 17 Irene Greene
Beverly Peterson
Pennie Robinson
Patti See | 27 Damon Davis
Sarina Farley
Nancy Fast
Patricia Nicpon
Karen Rose |
| 6 Kathleen Buban
Randa Wintermute | 18 Mary Corey
Linda Cretin
Janice Giordano
Abelina Gonzales
Carol Juenemann
Dan Levien
Joanne Morrison
Miriam Sutton
C V Tondreau | 28 Adolf Reichert
Linda Smith
Steven Waterson |
| 7 Patrick Adams
Ken Gaine
June Caroline Reiger
Joyce Ryba
Jon Swensson | 19 Robert Cole
Mitch Fox
Janet Gianakis
Donna Grubbs
Ann Marie Henninger
Cindy Kelm
Cynthia Kenagy | 29 Rosemary Blumetti
Patricia Horwell
Arlene Rayniak |
| 8 Minda Finch
Scott Johnson
Elizabeth McDaniel | 20 Angela Jeziorski
Leonard Moorman
Diana Stafford
Margaret Tuinstra | 30 Mark Ausmus
Nancy Barger
Dauna Cole
Corey Flohr
Patricia Petit
Lani Wong |
| 9 Sterling B. Epps
Karen Laws
Alanna Levesque
Marguerite O'Dell
David Sellman
Sue Stednick
Marilyn Triplett | 21 Chuck Cretin
Theresa Fox | |
| 10 Joyce Blankenship
Rich Langsford
Margaret Nenneman
Betty Pollard
Donna Thorkelson | 22 Kaaren Peterson | |
| 11 Mary Jane Apple
Steve Hoveskeland
Michael Smith
Leslie Warders | | |
| 12 Ellen Fullhart
Gail Kramer
Maryanne Reichle
Junne Seela
Diane Timm | | |



Community Announcements



Sequim City Band FREE Concerts at the James Summer Series

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

June 11, July 4, August 13, September 9.

All concerts at 3pm. Bring a blanket or lawn chair.



**Do you have a laptop or desktop PC
with a Windows 7 or later OS that
you are no longer using?**

Please consider donating the
computer to Sequim PC Users Group
to refurbish and distribute to low

income individuals.

We also take peripherals, except printers, in good
working order.

For more information or to donate, please leave us a
message at 360-797-5771 or spcug1@gmail.com. SPCUG
is a 501 (c) (3) non-profit organization and a Microsoft
Registered Refurbisher.

WOW! WORKING ON WELLNESS

2:00 PM – 3:00 PM

Wednesday, June 14, 2023

KSQM FM Radio Station 91.5 FM

“The Power of Collaboration in Sequim”

Speakers will be members of the
Sequim Health & Housing Collaborative

ShIPLEY Center Fiber Arts Group Helps First Step Family Support Center

If you would like to make and donate
knitted, crocheted, and quilted items for
children, you are welcome to meet with the
Fiber Arts group in the Craft Room at
10am on the first Tuesday of each month.

Toys, diapers, and other new baby and
children's items for kids up to age 5
welcomed also.

For more information contact Judy Lange
at 360-460-4577

Single? Join Shipley's Singles Activities!

June 14, 4:30 pm, Monthly Singles Dinner,
Members \$15, Non Members \$20

**Menu: Roasted Chicken Thigh
Salad, Dinner Roll,
Key Lime Pie**

**Tickets can be purchased
at front desk starting Thurs. June 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**

Volunteers Needed!

SENIOR FOOD DELIVERY

Are you free on Thursday mornings for 2-3 hours to
deliver meals to home bound seniors
in the Sequim area?

If so, please call Americorps Volunteer Program
Director, Karen Charron

360-477-2574 for more information.

This program administered by OlyCap.



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: Your NEW,
unopened CPAP supplies can help your
Center raise needed funds! Just drop
them off at Shipley Center! Thanks!**

JUNE 2023 –WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
<div style="border: 2px dashed black; padding: 10px; text-align: center;"> <p>Father's Day Raffle!</p> <p>Tickets are \$1 each. You can purchase your tickets in the front office. Ticket sales start on Thursday, June 1st and the winner will be selected and called on Thursday the 15th at noon. Winner will get a \$25 gift card to a restaurant of their choice!</p> </div>			<p>1</p> <p>10am– Euchre 10:30am–Tap 2 12pm–Bingo 1pm–Scrabble</p>	<p>2</p> <p>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</p>
<p>5</p> <p>9am- Balance Exercise 10am–Writing Class 11am–Zumba Gold 12pm– Euchre 1pm–Ukulele 1pm–Computer Clinic</p>	<p>6</p> <p>10am– SHIBA 10am– Tai Chi 10am–Fiber Arts 10am– Watercolor-(Int) 11:30am–Cribbage 11:30am–Healthy U!- <i>Self Care with Acupressure..</i> 1pm– N.O.W 1pm– Ping Pong 1pm– Pinochle 1pm– Tap 1 2pm–Grief & Wellness Group 2:30p–Beginning Hula</p>	<p>7</p> <p>9am–Balance Exercise 9am– Water Media Drop-In 10am– Diabetes Support Group 1pm– MahJongg 1:30pm–EZ Yoga 2:00pm- Language Class 2:30pm– Elegant High Tea</p>	<p>8</p> <p>9:30am–Sewing Class 10am- “Hooked On Fishing” 10am– Euchre 10:30am–Tap 2 12pm–Bingo 1pm–Scrabble</p>	<p>9</p> <p>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</p>
<p>12</p> <p>9am- Balance Exercise 10am– Oil Pastel 11am–Zumba Gold 12pm– Euchre 1pm–Ukulele 1pm–Computer Clinic</p>	<p>13</p> <p>10am– Tai Chi 10am–Fiber Arts 10am– Watercolor-(Int) 11:30am–Cribbage 11:30– Healthy U! 1pm– N.O.W 1pm– Ping Pong 1pm– Pinochle 1pm– Tap 1 2pm–Grief & Wellness Group 2:30p–Beginning Hula</p>	<p>14</p> <p>9am–Balance Exercise 9am– Water Media Drop-In 11am– Zumba Toning 12:00pm–Bridge 1pm– Mah Jongg 1:30pm–EZ Yoga 2:00pm- Language Class 4:30pm--Senior Singles Dinner</p>	<p>15</p> <p>9:30am–Sewing Class 10am– Euchre 10:30am–Tap 2 12pm–Bingo 1pm–Scrabble</p>	<p>16</p> <p>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</p>

JUNE 2023 –WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
19 Shipley Center Closed in observance of Juneteenth 	20 10am– SHIBA 10am– Tai Chi 10am–Fiber Arts 10am– Watercolor-(Int) 11:30am–Cribbage 11:30am–Healthy U! <i>Informative PTSD seminar...</i> 1pm– N.O.W 1:30pm– Ping Pong 1pm– Pinochle 1pm– Tap 1 2pm–Grief & Wellness Group 2:30p–Beginning Hula	21 9am–Balance Exercise 9am– Water Media Drop-In 12:00pm–Bridge 1pm– Mah Jongg 1:30p–EZ Yoga 2:00pm– Language Class	22 10am– Euchre 10:30am–Tap 2 12pm–Bingo 1pm–Scrabble	23 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
26 9am- Balance Exercise 10am Imaginative Writing 12pm–Euchre 1pm–Ukulele 1pm–Computer Clinic	27 10am– Tai Chi 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	28 9am–Balance Exercise 9am– Water Media Drop-In 12:00pm–Bridge 1pm– Mah Jongg 1:30p–EZ Yoga 2:00pm– Language Class	29 10am– Euchre 10:30am–Tap 2 12pm–Bingo 1pm–Scrabble	30 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
 <p>Save the date! Monday, July 3rd is our Independence Day Luncheon! Tickets for sale June 1st.</p>		 <p>Tuesday, July 4 Shipley Center CLOSED For July 4th Holiday</p>		<p><u>Saturdays</u></p> <p><u>June 3rd & 17th –</u> <u>5:30pm -Strait</u> <u>Wheeler's-Line</u> <u>Dancing</u></p> <p><u>June 10th-</u> <u>Bridge 6:30pm</u></p> <p><u>June 24th-</u> <u>Bridge 6:30pm</u></p>



Spotlight on . . . Shipley Center Meets Artificial Intelligence!

Have you read or heard about *Artificial Intelligence (AI)* lately? It's been featured on several TV news programs recently. Have you wondered what *that's* all about?

Well, in short, Oxford Languages defined it as: *the theory and development of computer systems able to perform tasks that normally require human intelligence, such as visual perception, speech recognition, decision-making, and translation between languages.* Its possibilities for good are endless in such areas as medicine for diagnosis and treatment, assisting those who are differently abled, new AI-designed pharmaceuticals and AI software that could enable new power plants based on cleaner fusion energy.

But some are not so good, such as voice recognition which can replicate any person's voice, and being used to crack people's passwords. If you saw the 1970 sci-fi thriller, *Colossus: The Forbin Project*, it told of how two super-computers in Russia and the US, through their computer programs, conspired to control the world. A scary thought, but not as far-fetched as it was 50 years ago.

One of the current troubling uses of AI is the "writing" of term papers by college students. The student types in a topic, major points to be made, and its length . . . and an AI program generates the required term paper which is turned in, under the student's own name, to the professor for grading. The problem becomes: How do you spot the fake?

Well . . . I digress . . . here we are at Shipley Center. Our *everything-Apple-technology guru*, Ray Bentsen, wanted to check this out using a Mac app called *MacGPT* that uses *ChatGPT* to generate AI articles. He wondered what it would say about Shipley Center:



Ray: *Tell me about the Shipley Center in Sequim, WA*

ChatGPT: The Shipley Center is a community center located in Sequim, WA, that offers a wide range of programs and activities for adults aged 50 and over. The center is named after Margaret Shipley, a local philanthropist who donated the building to the community in 1999. (*This last incorrect sentence likely was because there are several Shipley Centers in the US. The chatbot got them mixed up! So, its information can't be 100% depended on.*)

The Shipley Center provides a welcoming and inclusive environment for seniors to participate in social, recreational, and educational activities. Some of the programs and activities offered at the center include: (and it goes on to describe various activities in *Fitness, Education, Social Events, Health & Wellness, and Volunteer Opportunities.*) It ends with:

The Shipley Center is an important resource for seniors in the Sequim area, providing a supportive and engaging community where they can stay active, learn new things, and connect with others.



Ray also played around a bit, asking the ChatBot about Sequim. One provided information that sounded like it came off a travel brochure. Then he asked it to describe Sequim in the style of different people, one, the author, Ernest Hemingway, and the other, Abraham Lincoln, which I thought you would enjoy reading.

Continued on page 13

Spotlight” continued from page 12

Ray: *Pretend you are Abraham Lincoln, and tell me about Sequim, WA.*

ChatGPT: Well, hello there, I'm Abraham Lincoln, and while I may not be as familiar with Sequim, Washington as I am with my home state of Illinois, I can tell you a bit about what I know.



Sequim is a small town located on the Olympic Peninsula in the state of Washington. It is surrounded by beautiful natural scenery, including mountains, forests, and waterways. From what I understand, the area is known for its mild climate and stunning views of the Strait of Juan de Fuca, which separates the United States from Canada.

Although I have not visited Sequim personally, I believe that the values that I hold dear, such as community, hard work, and perseverance, are present in the people who call this town home. From what I've heard, Sequim has a strong sense of community and a commitment to taking care of its citizens, particularly its older residents.

Furthermore, I understand that the Shipley Center in Sequim provides a range of programs and services for seniors, which I believe is an important way to honor and support our elders. As I said in a famous quote, "In the end, it's not the years in your life that count. It's the life in your years." I believe that the programs and services provided by the Shipley Center are helping to ensure that the residents of Sequim can live their best lives.

Overall, while I may not be an expert on Sequim, I admire the strength and resilience of its people and the beauty of its natural surroundings.

Pretty impressive, eh? All of that written by a computerized “brain”!

Caution for Grandparents: Already, before the development of AI, some of you may have had the frightening phone call, supposedly from a grandchild in some sort of trouble, often a “lost their plane ticket to get home”, pleading for grandma or grandpa to please send money to them. AI can make a voice sound like your grandchild. Even personal details like date and place of birth, address, jobs, and so forth would be known by the perpetrators. *It is strongly recommended that you create a code word that only you and your grandchild know, that would prove that it truly is she/he.*

What of the future? As with anything new and rapidly developing technology, AI has the potential for both good and evil. Let us hope that the positive outcomes will lead to a brighter future for all.

Get help paying for Medicare costs through SHIBA

Did you know if you have limited income and qualify, Medicare and the State of Washington offer a way to help pay for your Medicare costs? The state program is called the Medicare Savings Programs (MSP) and Social Security's program is called Extra Help or Low-Income Subsidy (LIS).

The Medicare Savings Program helps people on Medicare, who qualify, pay for all or part of their Medicare premiums.

It may cover your Medicare:

- **Part A premiums:** If you have any costs., **Part B premiums:** \$164.90
- Coinsurance, Copayments, Deductibles

The Extra Help program helps qualified Medicare beneficiaries pay their Medicare Part D prescription drug plan costs. Depending on your income and assets, you may qualify for a full or partial subsidy. It covers:

- Premiums, Deductible, Copays

Donut hole/coverage gap (This is when Medicare temporarily stops paying for your prescriptions and you have to pay the entire cost of medications)

To find out if you qualify and get help signing up for these programs, come see the **SHIBA** Volunteers at Shipley Center on the 1st or 3rd Tuesday of the month from 10 to noon.



EUCHRE

Every Thursday 10am-12

2nd & 4th Mondays
12-3pm

2nd & 4th Saturdays
6:30-9pm

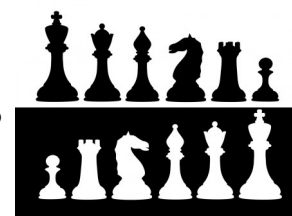
Euchre is a card game that is fun, fast and filled with surprise endings to almost every hand and game!

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.

Contact Shipley Center to sign up at 683-6806 or text John Christian 360-775-4514.

ANYONE INTERESTED IN PLAYING CHESS?

Please call the Front office to sign up at 360-683-6806



Balance Exercise

Improve strength, endurance, flexibility and prevent falls.

Led by Margaret Cox
M-W-F 9am

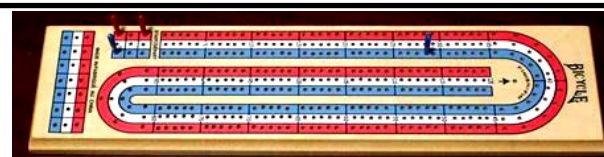


Bridge

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

2nd & 4th Saturdays
with Diana Smith 6:30-9:00pm

Call Diana to register
360-775-5126



Cribbage

Cribbage is played at Shipley on
Tuesdays from 11:30am to 1:30pm.

PINOCHLE

Led by Lynda Moynihan
Tuesdays 1:00pm



S C R A B B L E

Come and play every Thursday at 1pm!

POKER

Fridays at 1pm.
Led by Pat Phillips



Ping Pong
Tuesdays at 1pm



Game starts at 12pm on Thursdays.
Come early to purchase your cards.

Members \$1/ Non-members \$2

Bingo Cards are just 50 cents each.

15 games, and we also have a Potluck.

BIG Money on the last Blackout!



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from Mary Bell

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THANKS!

WELCOME NEW MEMBERS

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Paul Jacobs	Fred Stauffer
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Deion Johnson	Margaret Tuinstra
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<i>Doug Bolles</i>	<i>Pat Lindemuth</i>
<i>Debbie Clymer</i>	<i>Harry Mackin</i>
<i>David Estrem</i>	<i>Carol Mattox</i>
<i>David Kolbo</i>	

R D M O R R S S E O F S C O C T D S S
P O A G T L C G C K E L S O I N K T I
A C H F F R A C I H A C O E I C T E N
Q A U A E I Y W S J R R D A O D S N K
M R A W N S S U N E D O N L T K J B E
M R S V T D R H W M W I B E I S U A R
L A V R U B L D I N O N U E D D E R S
X M A L T R R I S N E W S Q H R U C E
X P K N O I L A N D G R E A S E A N N
S S I P V C M V O E U R S R H L A G I
Y A E E I C K O A L S P O C P I I T L
P S R C S S W E I P A G N D L M E C G
M S L A R K Q G R N X E S S S O U T N
Y L Y R E P P I N S R E P P I H W P I
O L T P I O B E H W A P J V G A R T H
V I V I L H R H A M M E R S P X W U S
P R D T P S S L E S I H C R I E D B I
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FLOATS	SINKERS
GARDEN RAKE	SPANNERS
HAMMERS	SQUID JIGS
HANDLINES	TIE DOWNS
LAWN MOWER	WHIPPER SNIPPER
LOCKERS	WOODEN BLOCK
NAILS	WRENCH
NUTS AND BOLTS	



Father's Day Words

yimfal _ _ _ _ _
hfnngiis _ _ _ _ _
tpearn _ _ _ _ _
rotpss _ _ _ _ _
gincra _ _ _ _ _
loer emldo _ _ _ _ _
rhalgtue _ _ _ _ _
crotporet _ _ _ _ _
claiesp _ _ _ _ _



Why don't they have Father's Day sales? Because Fathers are priceless.

What do you call a person who is not a dad who makes dad jokes?
A Faux Pa.

When does a dad joke become a dad joke? When it becomes apparent.

What did the dad say when his son asked him if he got a haircut? "No, I got them all cut!"

Why do dads who golf always take an extra pair of socks?
In case they get a hole in one!

I asked my dad for his best dad joke and he said, "You".

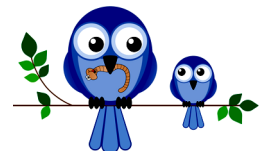
Why did the daddy cat want to go bowling on Father's Day?
He was an alley cat.

What did the buffalo say when his baby boy left? "Bison."


What do you call a dad when he falls through the ice? A Popsicle

What did the daddy tomato say to the baby tomato? Hey kid, ketchup!

How is the baby bird like his dad?
He's a chirp off the old block!




See Page 17 for answers to the Word Scramble!




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If you are interested in scheduling an appointment call Sound Dental Care at 206-745-3808, or go to www.sounddentalcare.com.



Answers to Word Scramble:
Family, Fishing, Parent, Sports, Caring,
Role Model, Laughter, Protector,
Special

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Free Educational Event



Medicare 101

Medicare Number/Name of Beneficiary
TEG4-TE5-MKT2
Coverage Period/Start Date
HOSPITAL (PART A) 03-01-2016
MEDICAL (PART B) 03-01-2016

We will make Medicare understandable
& answer all of your Medicare questions

Thursday June 29th, 6:00-7:00pm
Shipley Center

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Hours:
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**Please call Rhonda
for an appointment!**

New Location:
Shipley Center's
former Trips Office, park in front!
Those arriving more than 5 minutes in advance of
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OUR MISSION

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

SHIPLEY CENTER HOURS

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

STAFF

<i>Michael M. Smith</i>	<i>Executive Director</i>
<i>Deb Hudson</i>	<i>Office Manager</i>
<i>Theresa Fox</i>	<i>Asst. Office Manager</i>
<i>Shamya Waters</i>	<i>Program Director</i>
<i>Dee Mead</i>	<i>Office Assistant</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>Pat Snyder</i>	<i>Sous-Chef</i>
<i>Gayle Urban</i>	<i>Bookkeeper</i>
<i>Duane Cobb</i>	<i>Maintenance</i>
<i>Robin Moreau</i>	<i>Janitor</i>

OFFICE VOLUNTEERS

CAFÉ VOLUNTEERS

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Sandie Kiehl	Becky Skilling	Sandie Kiehl
Diane Luoma	Lynn Skilling	Renee Millar
Nancy Madison	Mimi Sutton	Patricia Rhoads
Debbie McIntyre	Denise Swift	Steve Romberg
Kathy Nichols	Elinor Tennyson	Karen Rose
Brenda Peck		Nancy Southwick
		Mimi Sutton

Transportation: Lou Foldoe

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

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Find the Hidden Object



Somewhere in this month's issue is a picture of a heart shaped flag. 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 Cafe* or \$4 in Activity Bucks!

LEGACY GIVING

IT'S MORE THAN AN ACT OF GENEROSITY
 IT IS AN IMPORTANT INVESTMENT IN THE FUTURE OF OUR CENTER. TO BE PART OF THIS FINE TRADITION, ASK YOUR ATTORNEY TO ADD THIS, OR OTHER SUITABLE LANGUAGE, TO YOUR WILL:

"I give, devise, and bequeath to Sequim Senior Services, Tax ID number 91-1355592, 921 E Hammond St, Sequim, WA 98382, (insert: dollar amount, percentage of estate, description of real estate or other property, nature of gift, or remainder of my estate)."

Contact: Executive Director, Michael Smith, to discuss legacy giving, and how you can use beneficiary designations on various types of accounts without changing your will.



Office Phone: (360) 683-6806
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The Center News Sneak Peek...

Benefit Sale & Independence Day p. 1
Trips and Tours pp. 2-3
Leo's Café Menu p. 4

Michael's Message *PODs, TODs, and TODDs* p. 5
Calendar pp.10-11
Spotlight on *Shipley Center Meets Artificial Intelligence!* pp.12-13
Puzzles and Fun p. 16

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