

THE CENTER NEWS





TRIPS & TOURS

Debbie Patterson, Trips & Tours Coordinator

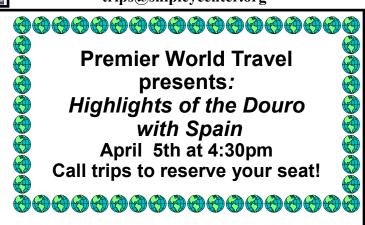




Shipley Center Trips: 360-683-5883

trips@shipleycenter.org



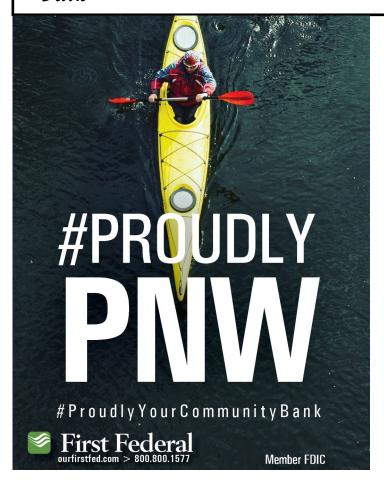


Many of our seasoned travelers may remember the bright colored trips pages, (pre-pandemic) that used to be in the newsletter. We will be bringing back the bright green insert starting this month! You will be able to pull it out of the newsletter and post it on your fridge! You will have the trips phone # and email, and all the trip dates, right at your fingertips!

Happily, we now have many new volunteer bus drivers and therefore MANY trips every month!

Thank you to all our Shipley travelers for being so enthusiastic about our trips... *Debbie*









Live in the Moment and Cherish today!

We aim to make every day a good day for each resident, by supporting and enabling a healthy living lifestyle.

You can expect a comfortable, secure homelike setting expertly designed for easy navigation and natural light. We encourage engagement and connection with our planned

engagement and connection with our planned daily activities and events.

CALL US AT 360.582.9309 TO SCHEDULE YOUR PERSONAL TOUR

www.dungenesscourte.com

651 Garry Oak Drive Sequim, WA 98382



Congratulations Pauline!

Pauline Olsen, right, a longtime Shipley Center member, was chosen by the Sequim Dungeness Chamber of Commerce as one of their finalists for Citizen of the Year.

Pauline was nominated for her work founding and operating Lois's Legacy, a program to help seniors in need through Trinity United Methodist Church.

Here she is congratulated by Shipley Board Secretary and fellow TUMC member, Margaret Cox, left, at the February 27 awards luncheon.



Barb Paschal, Retired Physical Therapist, will be the speaker at the April **Diabetes Support Group** and her topic is "Three Keys to Improve your Balance at Any Age." The April meeting is on **Wednesday, April 3rd, from 10-11am**. This event is free and open to the public



Volunteer Needed: Would you like to plant and maintain the flower boxes around our Center? Plants and materials provided. Please contact the front desk.



LAST CHANCE!

Estate Clearance Sale! \$7 a Bag!
Saturday April 6, 10am-3pm.
990 E Washington, #E105.
Furniture & larger items, make us an offer!
Proceeds benefit Shipley Center and
Scholarship Fund!

Our first Estate Sale, held last month, was very successful, raising over \$9200!

Thank you to all who came by and shopped to support Shipley Center and what we do for seniors.

We would also like to thank our volunteers who spent hours setting up and helping at the sale:

Ray Bentsen, Brian Davis, Cheryl Hamilton, Karen Hanson, Catherine Lanham, Richard Mansell, Greg Millar, Jeani Penn, and Jean Wolfe. We couldn't have done this without you.

You are the best!

Angela Jeziorski and Renee Millar, sale co-chairs.





Sale Volunteers Karen Hanson and Jean Wolfe

The Center News is published monthly by Sequim Senior Services dba Shipley Center 921 E. Hammond St. Sequim, WA 98382 Year 53, Issue #4

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

Submissions may be sent to: newsletter@shipleycenter.org

All submissions are subject to editing.

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



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

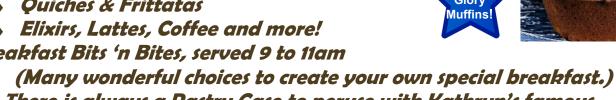
Leo's Café with Chef Kathryn

Come enjoy the ever-changing menu at Leo's Café!

Daily Specials include:

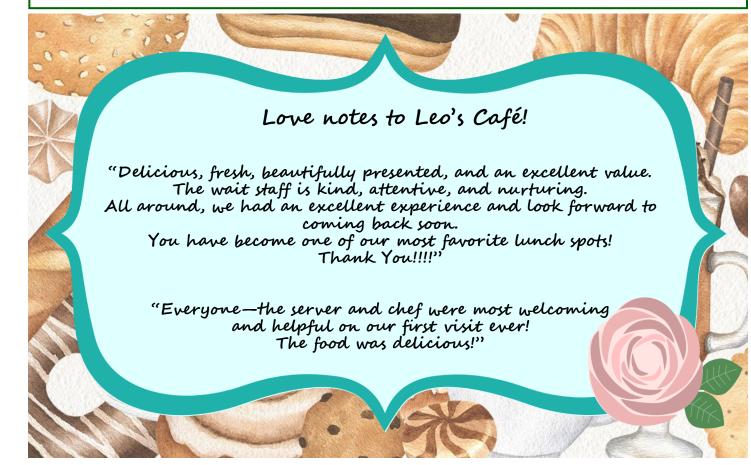
- Soups, Salads, Sandwiches
- Ouiches & Frittatas
- Elixirs, Lattes, Coffee and more!

Breakfast Bits 'n Bites, served 9 to 11am



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!







GIFTS - Growing, Interacting, Flexing, Trusting, and Success!

MICHAEL SMITH, EXECUTIVE DIRECTOR

Shipley Center is **Growing**. Almost every weekday, new members are joining us. Every month, new activities, classes, trips, and events are being introduced. As we get closer to breaking ground on our new Health & Wellness Annex, we look forward to our "campus" increasing in size. Growing Shipley Center's capacity and curriculum offerings is something to look forward to, even as membership growth can lead to some growing pains. More on that later. . .

Shipley members are **Interacting**. This is the place to meet new friends at social events, new friendly opponents at Scrabble or cards, and take in new knowledge and skills in a class or at *Healthy U*! We glean from the wisdom and experience of volunteer activity leaders, and perhaps get together for a snack or lunch in *Leo's Café* afterward.

Shipley members are **Flexing** muscles in exercise classes, and minds in games, discussions, and support groups. They are also **flexible**, understanding that sometimes the regular room they like to meet in might be outgrown or under-utilized. When challenged with changes in schedules or meeting rooms, Shipley members can "go with the flow." **Being flexible so that more members can enjoy the Center is a virtue!** A big **thank you** to all of you who are understanding in this area, as we strive to add classes with the need to sometimes juggle things around a bit.

Shipley membership involves **Trusting** that there is always more to learn and that members can look forward to today's new fun and interesting things to do. Trusting that Shipley Center is a safe place to meet and socialize. Trusting that they will not be alone as long as they remain open to

opportunities to get out of the house and meet others. Who knows what might come of connections made at Shipley Center? Yes, people have fallen in love, and ended up marrying that new friend they met here! (No guarantees; results may vary, but thought I'd mention it!)

Shipley Center is a **Successful** place and a place to potentially experience personal **Success** in many areas. Participants in our exercise classes progress from being stiff and not moving much, to gaining flexibility, strength, and balance, enough to make



Tell a

a real difference in their lives. From not knowing how to paint or knit or crochet, to becoming quite proficient. From not being able to play card games or Ping Pong or Mah Jongg, to getting good enough at these things to truly enjoy them. From being taken by scams and fraudsters to becoming savvy consumers. From just wishing they could take photos with their smartphones to becoming experts at exchanging pics with the kids and grandkids. There is a whole lotta success goin' on here at *your* Shipley Center!

Please think about telling a friend or neighbor about the G I FT S concept outlined above, and how much *you* enjoy Shipley Center and Leo's Café.

Thanks for your support!

Michael

P.S. Coming in May: Shipley Center has its 53rd Birthday!

"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



Adult Tap II

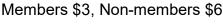
Thursdays 10:30-12

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 - 3:30pm



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. 360-683-6806. Dungeness Courte



Every Tues, from 1 to 4 pm, for beginners to professionals. We work on our own paintings with our own supplies. We are <u>not</u> a class, so having some experience is most beneficial.



SEWING CLASS

No-Fee class led by Judy Lange! **2nd & 3rd Thursdays, 9:30am to Noon.** Items made during class time will go to the Shipley Center gift shop. Help and advice will be available for personal sewing projects, too!



Fiber Arts

Tuesdays in Front room 9:30am Fridays in Art Room 9:30am



Line Dancing on Fridays! 10am to 12:15 - Intermediate 12:30pm to 2:30 - Beginners



Mahjongg

New to Mahjongg?
Call Diane Whitaker to arrange for lessons. 360-775-6150
Ready to play Mahjongg? Join in every Wednesday from 1-4.



Whole Food Plant Based Support Group. (WFPB) Meeting at 1pm on the 2nd Thursday of the month.

This month's topic: Let's make some healthy, guilt free, gluten free desserts! Pie crusts without flour or processed sugar.

Come join the movement toward living a healthy lifestyle.

Call Alanna for more info and to reserve your spot.

360-912-2067

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 from 1:00-2:00 in the Art Room.



CHAIR DANCING CLASS!

Led 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 Thursdays



Come join Beth Glick for ZUMBA GOLD 11am – noon

Monday, Wednesday, Friday



TAX TIME can provide an excellent opportunity to go through a

FINANCIAL CHECKLIST:

- Any major changes in your life?
- Do Wills & P.O.A. need updating?
- Have your income needs changed?
- Are there things that need to be addressed?

We are offering a **COMPLIMENTARY REVIEW**

to address any questions or issues you have.

CONTACT US TO SCHEDULE YOUR REVIEW 360-452-9080

www.tracywealthmanagement.com

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.

Interest group: Beginning Watercolor

Join Sandy Placek for this 4-week introductory class. There will be a small materials fee as well as the weekly activity fee. The class will meet on Fridays at 1pm beginning in May.

Please call the office to indicate your interest or stop by for a flyer. 360-683-6806

Interest group:

Would you like to practice your French?

Join Maria Vail's French Conversation Circle. French will be spoken most of the time. (This is not a class for beginners.) Please call the office to indicate your interest. 360-683-6806

Downsizing? Got Art? **Shipley Center** interested in your art donations.





Please contact Reba Renner if you have art you are ready to let go of. 360-683-6806

Healthy U! Class

Join us Thursday, April 18 at 1pm for a special presentation by

Volunteer Hospice executive director Dr. Priya Jayadev.

Priya will provide an overview of hospice and palliative care definitions, history, care aspects, benefits, choosing a provider, and options in Clallam County. The discussion will also touch on end-of-life planning and the caregiving crisis.

Reservations: 360-683-6806





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. Group meets at Noon on the 1st, 3rd, and 4th Mondays.

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.) Mondays at 10am in the Classroom.

Call the office to get more info.

360-683-6806

Where are YOU From?

The new **Genealogy group** will meet on Friday, April 12 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



- 1 Karen Blessing Jane Dalton Andee Gale Hermann Laresser Peggy J Meier Judy Nimeshein Sandra Sullivan
- 2 Joanna Calloway Craig Hartley Catherine McKenna Larry Mckinney Nancy McLaughlin Susy So
- John JostJoseph LodgeDolores WolfePenny Zingg
- 4 Lonna Barber
 Bonita Hoskins
 Terry Landis
 Sarah Miller
 Connie Porter
 Dennis Westeren
- 5 Valerie Grier
- 6 Ricky Anderson
 Bonnie Filgo
 Brian Miles
 Dan O'Reilly
 E. Rosie Zwanziger
- 7 Debbi Bindel
 Loxie Gradillas
 Dan Heisler
 Julie Johnson
 Marlene Kneidl
 Judi Norton
 Michael Phillips
 Chuck Wraith
- 8 Robyn Hartz Donna Kanters Betty Reynolds Willard Woods Gary Young

- 10 Stephen Baranowski
 Mary Boden
 Jeanette Brown
 Marijane Figg
 Carol Geer
 Diane Hood
 Linda Huggins
 Ken Kilmer
 Douglas Lorentzen
 Eric Mullen
 Claire Savage
 Rick Seybolt
- 11 Jean Cummings Carol Dal Porto Gloria Kohler Jill Palmquist
- 12 Arnie Hobbs
 Kim Laney
 Martha Mead
 Therese Simons
 Roger Steinert
 Chuck Taylor
- 13 Jack Adney Gloria Dahlquist Mary Lowry Sarah Whelchel
- 14 Sandra Collins
 James Lowenstein
 Catherine Skae
 Joseph Walsh
- 15 Catherine DeShazo Susan Engle Gretchen Glenny Russell McKenna Pheryl Montroy Linda Reichl
- 16 Janelle Kelly
 Robert Lauritzen
 Janet Schless



- 17 Morgan Boudrou Steven Ford Barbara Richardson James Rozanski Darlene Sylvia
- 18 Danny Clark
 Dennis Dennis
 Ann Wells
 Sandra Wolf
- 19 Donna Benesch
 Marsha Chowning
 Sandy L. Frankfurth
 Katherine Freeny
 Courtland Goetz
 Lia Robinson
 Carol Stearns
- 20 Larry Christiansen
 Nancy Clark
 Mike Clay
 Samantha Dodd
 Patricia Gillam
 Bob Naumann
 Pamala Newland
 Barbara Sorensen
 Carolyn Stephens
- 21 Joan Arena Diane Bouton Julia Pierce
- 22 Vicki Boyer
 Janice Jenkins
 Elaine King
 Stacie Taylor
 Mary Lou Westman
- 23 April Bellerud Kristine Bellerud Dale Blankenship Robert Caldwell Jim Ciciora Mary Leibel Cindy Payne Carol Young Sandy Zink

- 24 Susie Herrick25 Paul Haugland
- David Hough
 Gayle Larson
 Donna Delleree
- 26 Faye Dochnahl Donna Wade Sally Welborn
- 27 Don Ellis
 Michele Helms
 Carolyn Muldown
 Margaret Schoonover
 Sharon Taylor
- 28 Dana Burback
 Delores A. Mead
 Lila Petroff
 Molly Schwarz
- 29 Barbara Baker
 Gail Caron
 Susan Clark-Hamner
 Nick Elliott
 Patricia Lundin
 Steven McElroy
 Lori Shuck
 Chris Snow
- 30 Sandra Altman Larry Cross Roberta Griset



Community Announcements

Single? Join Shipley Singles Activities!

Shipley Singles Dinners happen on the second Wednesday of each month.

Single Mingle at 4:30 and Dinner at 5pm.

April 10 Menu: Irish Stew, Salad, Soda

Bread, Angel food cake with seasonal fruit and Chantilly cream, coffee.

Tickets can be purchased at front desk starting April 1.

Join us for Shipley Singles breakfasts on the 4th Tuesday of each month. April 23, Meet at Leo's Café at 9am.

> For Breakfast singles gatherings, call Bobbie Dahm at 360-477-0019 For Lunch singles gatherings, call Robert Drews at 360-670-9008

Shipley Singers

Our group is now doing Sing-A-Longs at our local nursing homes.



Please call 360-683-6806 if interested in singing with us.



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 to receive our informative newsletter.

Catholic Community Services Volunteer Services Program is currently seeking volunteers to help in your local community. Please call or email Cari Breese at 253-502-2766 or cbreese@ccsww.org



Do you have questions about Medicare? Help is here!

SHIBA, Statewide Health Insurance Benefits Advisors, is a program of the Washington State Office of the Insurance Commissioner. Local sponsor is Olympic Area Agency on Aging. You can talk to a SHIBA volunteer in person to help you navigate Medicare including signing up for Medicare, Original Medicare, prescription drug programs, Medigaps, Medicare Advantage plans, and more.

SHIBA volunteers provide unbiased up-to-date information, at no charge, to help you make informed decisions. To get a call back from a SHIBA counselor call 1-800-562-6900. If you'd like to see a counselor in person, go to Shipley Center all year on the 1st and 3rd Tuesdays from 10AM until noon on a first come first served basis.

If you are interested in becoming a SHIBA volunteer, we provide extensive training. Just call 360-417-8555 and leave a message!

A Class That Cares for the Caregiver!

Powerful Tools for Caregivers

Thursdays, April 30 - June 4, 10am-12:30pm
Trinity United Methodist Church, 100 N. Blake Ave.
For information or to register contact Class Leaders:
Barb Parse, 360-683-2133/Debby Smith, 360-797-1074
Judy Croonquist, 360-582-1370



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.

AARP Tax-Aide"

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.

APRIL 2024 – WEEKLY ACTIVITIES

TUE THUR MON WED FRI 2 3 4 5 THE FOOL'S FEAST! 9:30am-Fiber Arts 9am-Balance Exercise 9:30am-Spanish 9am-Balance 10am-SHIBA 9am-Water Media Conversation Exercise **Luncheon at Noon** 9:30am-Tai Ji 9:30am-Fiber Arts 10am-Tai Ji Drop-In 10am-Diabetes Support 10am-Watercolor-(Int) 10am-Euchre 9:30am-Basic 11:30am-Cribbage Group 10:30am-Tap Meditation (Zoom) 11:30am-(10-20-10) 11:15am-Zumba Gold 12:15pm-Bingo 10:00am-Line 1pm-N.O.W 1pm-Book Share 12pm-Bridge Dancing-(Int.) 1pm-Ping Pong 12:30pm-Chair Dancing 1pm-Scrabble 11am- Zumba Gold 1pm-Pinochle 12pm-Poker 10am-Investing 1pm-Mahjong 2:30pm-IL Carosello 2pm-Grief & Wellness 12pm-Reader's 1:30pm-EZ Yoga Italiano 12:30pm-Line Dancing-(Beginner) Theatre Group 3:30pm-Ping Pong 3:30-Ping Pong 12:30pm-Bunco 2pm-Beginning Hula 1:30pm-EZ Yoga **1pm-Computer Clinic** 11 12 8 9 10 9:30am-Sewing Class 9am-Balance 9am-Balance Exercise 9:30am-Fiber Arts 9am-Balance Exercise' 9:30am-Spanish 10am-Investing 10am-Tai Ji 9am-Water Media Exercise 11am-Zumba Gold 10am-Watercolor-(Int.) Drop-in Conversation 9:30am-Fiber Arts 1pm-Ukulele 11:30am-Cribbage 11am-Zumba Gold 9:30 am-Tai Ji 9:30am-Basic 1pm-Computer Clinic 11:30am-(10-20-10) 12pm-Bridge 10am-Euchre Meditation (Zoom) 1pm-National 12:15pm-Chair Dancing 1pm-N.O.W 10am-"Hooked on 10:00am-Line 1pm-Ping Pong Federation of the 1pm-Mahjong Fishing" Dancing-(Int.) Blind 1pm-Pinochle 1:30pm-EZ Yoga 10:30am-Tap 11am-Zumba Gold 2pm-Grief & Wellness 3:30pm-Ping Pong 12:15pm-Bingo 12pm-Poker 4:30pm-Shipley Singles 1pm-Scrabble 12:30pm-Genealogy Group 2pm-Beginning Hula Mixer and Dinner 1pm-WFPB 12:30pm- Line 2:30pm-IL Carosello Dancing-(Beginner) Italiano 1:30pm-EZ Yoga 3:30-Ping Pong 15 17 18 19 16 9:30am-Sewing Class 9am-Balance Exercise 9am-Balance Exercise' 9am-Balance 9:30am-Fiber Arts 9am-Water Media 9:30am-Spanish 10am-Investing Exercise 10am-SHIBA 11am-Zumba Gold Conversation 9:45am-Fiber Arts Drop-in 10am-Tai Ji 12pm-Reader's 11am-Zumba Gold 9:30am-Tai Ji 9:30am-Basic 10am-Watercolor-(Int.) Theatre 12pm-Bridge 10am-Euchre Meditation (Zoom) 11:30am-Cribbage 12:15pm-Chair Dancing 1pm-Ukulele 10am-VET's Coffee 10:00am-Line 11:30am-(10-20-10) **1pm-Computer Clinic** 1pm-Mahjong Dancing-(Int.) 10:30am-Tap 1pm-N.O.W 1:30pm-EZ Yoga 12:15pm-Bingo 11am-Zumba Gold 1pm-Ping Pong 3:30pm-Ping Pong 1pm-Scrabble 12:00pm-Poker 1pm-Pinochle 2:30pm-IL Carosello 12:30-Line Dancing-2pm-Grief & Wellness Italiano (Beginner) Group 3:30-Ping Pong 1:30pm-EZ Yoga 2pm-Beginning Hula

APRIL 2024 – WEEKLY ACTIVITIES

WED

22

9am-Balance Exercise 10am-Investing 11am-Zumba Gold 12pm-Reader's Theatre 1pm-Ukulele 1pm-Computer Clinic

MON

23

9am-Shipley Singles Breakfast 9:30am-Fiber Arts 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-Beginning Hula

TUE

24

9am-Balance Exercise
9am-Water Media
Drop-In
11am-Zumba Gold
12pm-Bridge
12:15pm-Chair Dance
1pm-Mahjong
1:30pm-EZ Yoga
3:30pm-Ping Pong

25

9:30am-Spanish Conversation 9:30am-Tai Ji 10am-Euchre 10:30am-Tap 12:15pm-Bingo 1pm-Scrabble 1pm-Creative Journaling 2:30pm-IL Carosello Italiano 3:30-Ping Pong

THUR

26

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

FRI

29

9am-Balance Exercise 10am-Investing 11am-Zumba Gold 1pm-Ukulele 1pm-Computer Clinic

30

Group

9:30am-Fiber Arts
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

DON'T FORGET! LAST CHANCE!

Estate Clearance Sale! \$7 a bag! Saturday April 6, 10am-3pm. 990 E Washington, #E105.

Furniture & larger items, make us an offer! Proceeds benefit Shipley Center and Scholarship Fund!

Sundays

PING PONG 1:30-3:30

STRAIT WHEELERS 2ND AND 4TH SUNDAYS 5:00-8:00 Shipley Center
Spring Fling
Bazaar!
Saturday,
April 27, 9-3

\$0 \$0 \$0 \$0 \$0 \$0 \$0 \$0 \$0 \$0 \$0 \$0 \$0

Saturday

SQUARE
DANCE:
1ST and 3RD
SATURDAYS
5:00-8:00

BRIDGE: 2ND AND 4TH SATURDAYS 6:30-9:30



Spotlight on . . . Leo's Cafe

By Margaret Cox

You've heard the expression, "If only the walls could talk. . . ." But, have you ever heard any walls actually speak? Well, let me tell you about an uncanny experience I had.

One late afternoon, I wandered into Leo's Café. It was obviously empty, as it was after hours . . . but I needed a guiet place to work and unwind. As I took a sip from my water bottle, I heard a strange voice say, "Whew, that was quite a day!" I turned my head this way and that to try to determine the source of that voice."

"Over here!" "No, over here!" "No, let me do the talking!" I soon realized the voices were coming from the walls!

Leaning back in my chair, and speaking to the ceiling, I had to ask, "Okay guys, what's going on here?"

"We just wanted to tell you how much we love surrounding Leo's Café now. It's been hard for us, you know, getting accustomed to new things . . . different chef, different menu, different everything . . . including us getting a different colored coat, just as we were getting used to the last one."

"That doesn't sound good at all," I sympathized with them. "But how 'bout now?"

"Oh, yeah! Now we're excited! We have these new coats of beautiful blue, new art on us, and a new varied menu for the diners!"

"And, did we mention all the great people that work here, Steve and all the wonderful volunteers? We love how Kathryn manages the place and cooks such delicious food . . . well, uh delicious smells ... hehehe!"

"Anyway, we've watched business gradually increase over the year since Leo's Café came into existence; more and more people are finding out what a terrific little place this is to have breakfast or lunch. We love it, and hope it will be around for many years to come."



Two friends enjoying a Leo's Café breakfast.

"Me, too!" I enthusiastically agreed, just as Kathryn walked in, and asked me who I was talking to.

"Uh . . . no-one in particular . . . just sorta thinking out loud," I answered, "but I'd like to hear from you what Leo's Café is doing now that's making it such a happenin' place here at Shipley Center."

"Well . . . ," she started explaining, rattling off one thing coming after another. . . . "Whoa!" I said . . . "Let's take those one by one:"

- Daily soups made from scratch
- Baked goods fresh from the oven
- Special coffees and elixirs
- Daily specials







• Wonderful volunteer staff, which we can always use more of . . . Anyone interested in putting in a shift as wait-help, please let Kathryn or Steve know. Continued on page 13 Spotlight" continued from page 12

- Open to the public for all ages
- To-go orders welcome! Call in your order and pick it up, or order your item in the café to-go.
- The *Grab 'n' Go* station provides cold beverages. Just put your money in the container, grab your drink, and go to your next activity!
- Catering available; just call to check availability.
- Leo's Café available after-hours and on weekends for small parties or business events



MaryAnn Ballard.

Using Leo's for all of our social events helps us keep the cost down.



with love!

And, the bonus is . . . running our own, in-house restaurant, Leo's, ensures that all the profits STAY with Shipley Center to help support all the wonderful programs everyone enjoys!

Great food made with a whole lotta love~~ Drop on by Leo's Café sometime soon!

Find the Hidden Object

Somewhere in this month's issue is a picture of an umbrella. Once you spot the object, email your name, phone number and the location (page number) to programs@shipleycenter.org.

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

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

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Sequim Prairie Garden Club Spring Plant Sale is May 4th, 9-2 at Pioneer Memorial Park.

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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



New Exercise Class! 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.

This class will be Mondays at 2:30 beginning in May. Call the office sign-up. 360-683-6806

Interest group now forming: **Intergenerational Group**

Would you have interest and time to meet with a small group of teens here at Shipley Center? Time could be spent playing a table game, teaching a craft, or discussing an interest. Please contact Reba Renner if you would like to consider this opportunity. 360-683-6806

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.



"IL Carosello Italiano" in speaking Italian.



An Interactive and engaging class on daily conversations Thursdays 2:30-4pm in the Art room.



EUCHRE Every Thursday 10am-12 Just show up for fun and laughter!

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



COMPUTER LAB

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



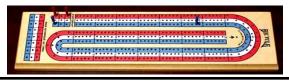
That's a Lot of BuncO!

Bunco meets the first Monday of each month in the classroom from 12:30 to 3:30.

Led by Cathy Kelsay. 360-683-6806.

Cribbage

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



S₁ C₃ R₁ A₁ B₃ B₃ L₁ E₁

Come and play every Thursday at 1pm!



Ping Pong

Tuesdays 1-2pm, Wednesdays 3:30-5pm, Thursdays 3:30-5pm, Sundays 1:30-3:30pm



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!

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In appreciation for Beth Glick and Zumba From Jean Lortz





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BANANA SPLIT BLACK CHERRY BLUEBERRY BOSTON CREAM PIE BUBBLE GUM BUNNY TRACKS BUTTER BRICKLE BUTTER PECAN CARAMEL COW TRACKS CARAMEL SWIRL CHERRY CHERRY CHEESECAKE CHOCOLATE CHOCOLATE CHIP CHOCOLATE MARBLE CHOCOLATE MARSHMALLOW COCONUT COFFEE MOCHA COOKIE DOUGH COOKIES N CREAM COTTON CANDY FRENCH VANILLA GERMAN CHOCOLATE CAKE HEATH BAR

MAPLE NUT MINT MINT CHOCOLATE CHIP MONSTER MASH MOOSE TRACKS NEAPOLITAN ORANGE VANILLA OREO PEANUT BUTTER PEANUT BUTTER CUP PEPPERMINT STICK PISTACHIO PRALINE PECAN PRALINES N CREAM PUMPKIN PIE RAINBOW SHERBET RASPBERRY PARFAIT ROCKY ROAD STRAWBERRY STRAWBERRY BANANA STRAWBERRY CHEESECAKE TOASTED ALMOND TURTLE SUNDAE VANILLA BEAN

I got out of the ice cream business. I just didn't like working on sundaes.

I love all types of ice cream. I don't play flavorites.



Rain

ZDELZIR
WNPODORU
HRSOWE
KLNPRIES
PETTMES
NPTCIOIERTIPA
LBCUODSRTU
ROTTNRE
EELGUD
NOMONOS
LFAARINL



I'd tell you some tax jokes... But I doubt you'd depreciate it.

Q: Why did Sherlock Holmes got audited by the IRS?

A: He had too many deductions.

Q: What do the IRS, a mugger, and your kids have in common?

A: They all take your money.

How do dairy farmers do their taxes? The ones with simple taxes use a cowculator, and the ones with complicated situations have to go to an accowntant.

Seen on the T-shirt of an IRS tax agent: "We've got what it takes to take what you got".

Q: Why don't skunks have to pay taxes? A: Because they only have one scent.

I was told when I bought solar panels for my house, they would be free because of the tax breaks.

Does this mean they are on the house?

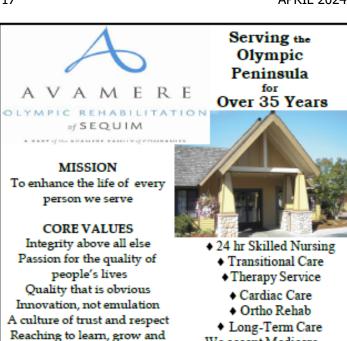
Did you ever notice when you put the words "the" and "IRS" together, it spells "theirs?!"

Why won't sharks attack IRS agents?
Professional courtesy.











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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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360-683-5242



FOOTCARE!

Rhonda Huchonson 360-477-6262 Rhuchonson @gmail.com Footcare Days: Mon, Tues, Wed, Thurs 9am –4pm

Rhonda is not working April-June.

You are welcome to call for future appointments.

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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.

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

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Deb Hudson
Theresa Fox
Reba Renner
Debbie Patterson
Beth Hempel
Kathryn Kitts

Executive Director
Office Manager
Member Services Director
Trips Coordinator
Member Services
Chef

Denise Amos Bookkeeper
Duane Cobb Maintenance

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

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Please call Alanna Levesque 360 912-2067

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Office Phone: (360) 683-6806 E-mail: <u>info@shipleycenter.org</u> Office Hours: 9 am to 4 pm

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The Center News Sneak Peek...

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Shipley Center Trips 360-683-5883 April May June July 2024 M=Member, NM=Nonmember

Starting this month, when you call in to sign up for a trip, I will need a deposit of at least half to reserve your seat on the bus. I cannot purchase tickets and reserve seats unless I know how many are committed to going.

PLEASE NOTE: If you are currently signed up for a trip, call now and make a deposit today. If I call or email you for payment and you do not respond within **24 hours**, you will lose your place on the trip.

Even though a departure time is shown in the newsletter, sometimes circumstances change, so I will always call you in advance to inform you of the departure time. Our drivers are great at checking for traffic changes, ferry schedules, etc. and sometimes adjustments need to be made. Thank you for being flexible!

Premier World Discovery Presents: April 5th at 4:30

Highlights of the Douro with Spain, Albuquerque Balloon Fiesta and Utah's National Parks. Call to-day to reserve your seat!

<u>Clearwater Casino, Tuesday April 16th</u> – Come and 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 at 9:00 to 4:00**\$15per person

<u>Tulip Town & Roozengaarde Tour, Thursday April 17th</u> - Have you been to the tulip farms in Mt Vernon? We will visit both tulip gardens this year; the entrance and ferry fees are 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 8:00am to about 7:00pm

payment due now! \$84m/\$88nm

<u>Treehouse Point Tour, Thursday April 25th</u> This Fall City WA trip is a new one for the Center, but looks like an interesting tour! This is a collection of treehouses built by the Nelson family. Located in a beautiful forest by a beautiful 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. (This trip is currently full, but we are planning another soon)

Departs 8:00am to about 6:00pm

\$92members/\$95nonmembers

Keyport Naval Undersea Museum & USS Turner Joy, Thursday May 4th- If you are interested in learning more about the Navy's undersea operations, technology, combat, research, and salvage, you'll be thrilled with this trip! After the museum, a ride over to the USS Turner Joy. Lots of great history to absorb on this tour! We will stop at a local watering hole for lunch...John will be our driver!

Departs 8:00 to about 5:00

\$43m/\$47nm

<u>Forks Timber Museum, Wednesday May 8th -</u> This museum offers a look into the rich history of homesteading, farming and logging in the Pacific Northwest, presented in a log cabin structure built by talented local volunteers and the High School Carpentry Class of 1989. Come share this rich history and help to preserve the memory of those who have gone before us. Lunch on your own: BBG Bar & Grill. Terry will be our driver.

Departs 8:00 to about 5:00

\$43m/\$47nm

TRIPS continued ...

Clearwater Casino, May 21st- Hop on the bus for a day out! Food, fun and games await you on this 3rd Tuesday of the month, every month! (must have at least 10 people or it will be postponed.)

Departs 9:00 to 4:00

\$15 per person

Boeing Tour, Thursday May 23 - Step inside the world's largest factory for a behind-the-scenes look at the Boeing Everett Factory and 777 assembly line. Each tour is an 80-minute guided experience with a front row view of current airplane production, the Everett site's history and the central role it plays in the future of commercial aviation. Entrance to this trip will require identification; lockers will be provided for phones and personal items.

The Paper Plane Café is available for lunch options. Eric will be taking us on this exciting journey!

Departs 8:00am to about 5:00pm

\$66m/\$70nm

<u>Nordic Museum Seattle, June2nd</u> – this core exhibit explores Nordic history and culture over the last twelve thousand years. With items from their collection and on loan from the National Museums of all five Nordic countries, you are bound to learn something new!

Departs around 8:00 to about 5:00pm

\$72m/\$74nm

<u>Clearwater Casino June 18th – Eric will be taking us on the fun bus to Clearwater once again -be sure to call in and reserve your seat!</u>

Departs 9:00 to 4:00

\$15 per person

Fabulous Falls & River Cruisin', Portland OR, June 11-13th – 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 Multnonah Falls. We will have lunch (on your own) at the historic Multnonah 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. We will then head home, stopping for lunch at Country Cousins Restaurant in Centralia. Please contact *Trips* right away to take advantage of this 3-day getaway! This trip is currently full and deposits are NOW due

Departure: aprox. 7:30

\$280 double member \$401 singlemem-

<u>ber</u>

Tacoma Scottish Highland Games, Saturday, June 22 - The Scottish Highlands are a place of beauty and mystery. They are also the home to the most enduring of Scottish customs, The Highland Games. Come and join us for this celebration of tradition for a day of games, fun, vendors and of course food!

Departs 8:00am to about 5:30pm

\$70m\$74/nm

Look forward to:

June - Blodel Reserve - date to be determined

July – Senior Day at the Mariners

July - Chemainus, BC: Dinner theatre/Butchart Gardens (3 days)

Aug - Coupeville Arts & Crafts Festival

September - Washington State Fair

Just a few things in the works in the Trips Department!

April Showers: Brightening the world one flower at a time.

Come ride with us on the Shipley Bus! **Debbie**

360-683-5883 - trips@shipleycenter.org