



THE CENTER NEWS

A Monthly Publication of Shipley Center - January 2024

In the Deep Midwinter

AN EVENING ART SOIREE

Saturday, January 20 from 6:00-8:00 p.m.

Join us for wine, hors-d'oeuvres and an opportunity to peruse and purchase a variety of donated art/frames from Shipley Center's archives. \$10 admission at the door.

921 E. Hammond Street, Sequim



Our recent Christmas Luncheon had fantastic entertainment! Pictured are the Tap and Hula Dancers.



Happy diners were greeted by Santa Claus and his elf.

TRIPS & TOURS

Debbie Patterson, Trips & Tours Coordinator



*Savannah & Charleston
March 22-30, 2024*

ShIPLEY Center Trips: 360-683-5883

trips@shipleycenter.org



Shen Yun! Sunday, April 7 2024
Call now to reserve your seat!

JANUARY . . . THE MONTH OF NEW BEGINNINGS

The month of January is named in honor of the Roman god, Janus, who is symbolic of beginnings and endings, as well as gates and doorways. In many artistic depictions of Janus, he is portrayed as having two faces that look to the past and to the future. We have many new experiences to look forward to this year!

Port Townsend, Thursday January 4th – Janelle will be taking us for a day of shopping, a tour of the Jefferson Museum of Art & History, and lunch (on your own). Please let me know when you book this tour as to whether or not you want to include the Museum. There are lots of fun places to peruse and good choices for food. Still lots of room on the bus!!

Departs at 8:30 to about 4:30

\$33members/\$37nonmembers

Clearwater Casino, Monday January 15th – For the past few years, the Casino trip has been the 3rd Monday of every month. Now that we have a new driver, Eric Mullen, we will be changing the day of the trip. After this month, it will be the 3rd Tuesday of the month. (We must have at least 10 people sign up every month for this trip or it will be postponed until the following month.)

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

\$15 per person

Port Gamble, Friday January 19th - Our driver Terry will be taking us on a day of shopping and lunch at this unique town known for its textiles, antiques and great places to eat!

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

\$33members/\$37nonmembers

iFLY Seattle, Wednesday January 25th – If you have never been parachuting, but always wanted to, this is the trip for you! This indoor skydiving wind tunnel is the only one in Washington and the atmosphere inside is designed to feel like a real skydiving experience. No falling feeling, only the feeling of being suspended in the air! We must have at least 10 people to make this trip happen.

Departs at 7:30 to about 5:00

\$178members/\$183nonmembers

NW Flower and Garden Festival, February 15th Don't miss this annual exhibition of horticulture and everything related to gardening. It is the largest garden show west of Philadelphia, and considered the second largest in the country. Held at the Seattle Convention Center, the show features lush, fully built display gardens, as well as a garden marketplace exclusively for plants, gardening supplies and more! Call trips right away, this trip fills up fast.

Departs at 7:30am to about 5:00pm

\$61members/\$66nonmembers

Looking forward to:

Port Defiance Zoo and Aquarium -March 2024
Treehouse Point tour – April 2024

Continued on page 3



Continued from page 2

Tulip Town - April

Premier World Discovery Presentations – February 2024

Utah's National Parks – September 2024

Albuquerque Balloon Fiesta & Santa Fe – October 2024

Collette Travel will be presenting **Iceland 2025** in February.



Just a quick note about trips and driver info: When trips are listed, that means that we will be going to the areas that you see in the description. If we have a trip to Molbak's Garden + Home and Trader Joes, then that is where the bus is going. If you see a trip going to where you want, please look at the description carefully as it's difficult to make changes at the last minute!

Once a year, go someplace you've never been before. – Dalai Lama

Come travel with us on the Shipley bus!

Debbie

Shipley Center Trips
360-683-5883



Shipley Singers is Starting Soon!

They would like to start singing together in the next month or two and are in need of a volunteer pianist to



accompany their performances at local retirement homes.

Please call the front desk to express your interest in singing with them or in the **accompanist position**. 360-683-6806

What is MGM?

Together, our **M**embers **G**iving **M**onthly donors provide over \$1000 a month, or over \$12,000 per year, in much needed General Fund support!!!

They are making a real difference!

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

Your faithful support is truly appreciated.

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

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

Creative Journaling with Kathy

Have something that needs saying?

Not a writer and not an artist?

Join Kathy Nichols to see what's waiting to be expressed.

Kathy uses collage techniques and multimedia to create color and writing prompts to complete the page.

Interested? Call the office 360-683-6806

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921 E. Hammond St. Sequim, WA 98382 Year 53, Issue #1

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

Submissions may be sent to: newsletter@shipleycenter.org

All submissions are subject to editing.

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



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



LEO'S CAFÉ with Chef Kathryn

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

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



Breakfast Bits 'n Bites, served 9 to 11am

(Many wonderful choices to create your own special breakfast.)

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

All menu items are prepared with Love and Gratitude!



NEW ACTIVITY, Book Sharing!

Lead by Barb Paschal, reader of all sorts of good books!

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 will meet the **first Thursday of the month from 1:00-2:00 in the Art Room.**

How about learning something new and fun?
 Come and play **UKULELE** with us!



**Mondays at
 1pm!**

**You will
 love it!**



Resolved: Avoid Financial Victimization in 2024!

MICHAEL SMITH, EXECUTIVE DIRECTOR

Whether you are rich or poor, it really hurts to lose some of your hard-earned money! The loss can devastate you financially . . . even emotionally. Isn't it especially irritating to know that scammers see seniors as unsophisticated and "easy marks"? *Let's resolve in 2024 that we are **NOT** going to be victims!*

1. Hang up the Phone! . . . or don't answer calls from unknown numbers at all.

If you have caller ID, they can now "spoof" the call to make it look like it is from a number or company you trust or recognize (like Apple or your bank). Scammers will claim to be from **places that do not call people**, like: the IRS, Social Security Administration, Sheriff's office for Jury Duty, your credit card company, Microsoft about "viruses" or "updates", or even from a fake "grandchild" in trouble somewhere needing money.

These calls can sound very important and the caller may threaten you with dire consequences. Remember, the caller has no real power over you; their goal is to get their hands on *your* money one way or another. If you do get drawn into a conversation, get a phone number and name to call back. Then simply hang up and go to rule #2 below. They know that seniors do not want to appear rude and are more likely to stay on the phone. **If in doubt, hang up.** Stop caring about what a stranger may think about your phone manners.

2. Seek Out a Savvy Person—or ANY other human being—to get advice. Lonely, isolated people who avoid discussing things with others are more likely to be scammed.

Describe the phone call, or show someone else the letter or email you have received. This simple step of "running it by" an adult child, a sharp grandchild, or a neighbor or friend, or even someone you know at Shipley Center, could save you hundreds or thousands of dollars and/or keep your identity from being stolen.

3. Don't Fall for Computer or Internet Scams! If a box pops up on your computer about a "virus" and that you need to call them right away . . . DON'T! Don't allow others to take control of your computer remotely. They may lock up your data and charge you high fees or "ransom" to regain control of all that you have saved on your computer. If an email or caller claims to be from "your bank", take time to walk into your bank to ask them if the situation is legit. **DO NOT click on any links in emails or call the phone number they provide!** Don't answer emails asking you to "update your information on file", or "verify" your password or credit card number or social security number.

Watch for claims that "your order" or "your delivery" from FedEx or Amazon or eBay needs your attention. If it says "click here", you probably shouldn't, especially if you did not order anything.

And, finally, **NO, you did not inherit millions** from England or Nigeria or any other unknown aunt or uncle or royal relative. If it is too good to be true, it is false! I personally knew an intelligent senior who lost over \$75,000 on that scheme! In doubt? See rule #2 again! Don't be afraid to ask for advice or a second opinion!

Let's all resolve to not be ripped off! After all, this will leave us all more funds to enjoy life; to support ourselves, our families, AND the legitimate causes we know and care about.

Wishing you all good health and happiness in 2024.

Michael



**Spanish Class meets
Thursdays 9:30-10:30
in the Art Room.**

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.



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!
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



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 Thursdays



**Come 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
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.

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.

WANTED: NEW UNOPENED CPAP supplies
You can help your Center raise needed funds! Over \$5,000 raised so far!
Just drop them off at Shipley Center!



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!

Healthy U! Classes

Tuesday, January 2 and 16 from 11:30 to 12:15
Same FUN CLASS on both dates! "10-20-10"

Education, Aerobics, & Stretching with Fun Music!

10 minutes of health education on a variety of topics
20 minutes of easy and effective aerobics
10 minutes of quiet stretching exercises



PLEASE wear comfortable shoes and clothing you can move in!

Bring a yoga mat for stretching on the floor!



Please call to register for these great classes!

360-683-6806

Taught by Barb Paschal, Retired Physical Therapist

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



- | | | | |
|---|---|---|--|
| 1 Lavonne Mueller
Lynette Stebing | 9 Kay Ann Giefer
Bernie Glennon-Pritchard | 16 Linda Campbell
Carol Ann Clay | 22 Sandra Goodwick
Joyce Lamure |
| 2 Sue Collins
Janette Finrock
Cecilia Herbelin
Mary Ann Howell
Robin Moses
Larry Van den Berg | Delores Kispert
Veronica Lindstrom
Lyle Rockey
Rose Sebastian
Eileen Seelye
Vernon Weed | Patricia Lindsay
George McAlmond
Thomas D Mulhern
Joyce Newport
Diane Stephens
Claude Wussler | Phyllis Lawyer
Barbi Leonard
Ann Peterson-Kemp
Richard T Wolverton |
| 3 Joan Cotta
Bobbi Goff
Stephen Graham
Marie Watson | Cheryl Weeks
Sally Wheatley | 17 George Alkire
Garry Kispert
Nancy Lawrence
Carol Mitzner
Susan Park
Douglas Rayburn | 23 Terri Barber
Jack Brent
Katherine Brewer
Randi Cooper
Lillian Dohmer
Michele Menia
c/o Avamere |
| 4 Kim Bobadilla
JoAnna Caro
Janis Thomsen
Dorothy Zapata | 10 Joseph Dalton
George Gamble
Marcia Gamble
Claudia Konker
Jeff Ramanis
Dianne Teasley | 18 Ernylee Chamlee
Mary Conrad
Joseph Esteves
Peggy Lee
Donna Lodge
Susana Page
Timothy Paschal
Sharon Ross
Paul Williams | 24 Thomas Cremins
Ellen Kaminsky
Gary Minch
Harold Snyder |
| 5 Ronald Gregory
Donna Hess
Beverly Pluth | 11 Kathleen Arends
Brian Callicott
Ramon Gama
Shirley Ledbetter
Linda Plenert
Ethan Powers
Sheila Roeper
Rich Snow | 19 Margaret Cox
Deb Dillard
Connie Drysdale
William Lindberg
Barb Minner
Marian Wilson | 25 Sandy Babb
Linda Beatty
Don Ho
Camille Wood |
| 6 Verna L Edem
Robert Iddins
Connie Marzovilla
Eckart Mildenstein
Elizabeth Olinger
Steve Pearson
Dianne Whitaker | 13 Steven Carlson
Molly Christianson
Julie Clifford
Patricia Mansell
Linda Myers | 20 Amy Jo Bolon
Terry Hamilton
Robert Herbelin
Dawna McCaffrey
Kathy Myher
Melvin Perricone | 26 Myrna Martin
Robert Mccarthy
Michelle Moss
Tim Putnam
Karen Schafer
David Squier |
| 7 Beverlee Benbow
Roberta Dahm
Lila Duncan
Jeanne Manzer
John McBride
Myrna Molinar
Melissa Vemi | 14 Julie Colvin
Shirley Funkhouser
Deborah Kahn Hornke
RayDelle Kistler
Barbara Neswald
Rose Prestipino
Dave Yarnchak | 21 Claudia Brown
Janet Flatley
Carol Moses
Mary Jane Robbins | 27 David Munro
Barbara Paschal |
| 8 Maria Ackerman
Patty Hatfield
Chris Kelso
Florence Missiaen
Gloria Mittelstadt
Kristine Olsen
Peter Van Rossen | 15 Lois Gruendl
Thomas Hoskins
Janet Johnson
Denyse Lockard
Joanna Pinick
Patricia Shoop
Mildred Vogan | | 28 Mary Bess
Dianne Williams
29 David Boik
Heidi Eggebroten
Eveylyn Hobbs
George Lanham
Dorothy Phillips
Phil Staskus
30 Wendy Jirucha
Mildred Smith
Mary Syme
31 Ruth Macki
Catherine Mix |



Community Announcements

Single? Join Shipley Singles Activities!

January 10, 4:30 pm, *Single Mingle*

Monthly Singles Dinner, 5pm

Members \$15, Non Members \$20

Menu: Hearty Stew with Rolls, Seasonal Salad, Bread Pudding, and Coffee.

Tickets can be purchased
at front desk starting January 2.

Let's go out to Leo's Café together, every 4th 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



WOW! WORKING ON WELLNESS

2:00 pm – 3:00 pm

Wednesday, January 10

KSQM FM Radio Station 91.5 FM

"Head Bone Connected to the Foot Bone"

Barb Paschal, P.T.

Got Social Security Questions?

The Port Angeles Social Security office, located at 138 West First Street, Room 113, Port Angeles, WA, updated its hours for in-person and telephone services.

In-person and telephone services are now available from 9am until 4 pm, Monday through Friday.

Local telephone service at the Port Angeles Social Security office is available at 1-877-309-1113.

Balance and Bones!

Shelly Stratton will make a presentation on Balance and Osteoporosis on Monday, Feb. 5, 1:00-2:30pm, in Shipley Center's Front Room.

Shelly is an RN, and professional yoga instructor at Bodhi Tree Yoga.

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.

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.

National Federation of the Blind's meeting on Monday, Feb. 12 at 1pm in the Shipley Front Room will be a presentation on using audiobooks from the library (presented by a local librarian).

Sequim Tax Prep Service Info:

If you would like to get on the list to be called in early January to make an appointment for Sequim Tax-Aide service, please call 360.207.4845. Leave your name and phone number. The appointment scheduler will return your call with more information.

AARP Tax-Aide™



Veterans' Coffee
Break is back
and under new
leadership!
Please join us on
Jan. 18, at 10am in
the Library.



JANUARY 2024-WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
1 New Year's Day Shipley Center is Closed	2 LEO'S CAFÉ CLOSED 9:30am-Fiber Arts 10am-SHIBA 10am- Tai Ji 10am- Watercolor-(Int) 11:30- Healthy U 11:30am-Cribbage 1pm- N.O.W 1pm- Ping Pong 1pm- Pinochle 1pm- Tap 1 2pm-Grief & Wellness Group 2:30 Beginning Hula	3 LEO'S CAFÉ CLOSED 9am-Balance Exercise 9am- Water Media Drop-In 10am- Diabetes Support Group 11am-Zumba Gold 12pm-Bridge 12:15- Chair Dance 1pm- Il Circolo Italiano 1pm- Mahjong 1:30pm-EZ Yoga 2pm-Conversaciones en Espanol	4 LEO'S CAFÉ CLOSED 9:30am- Spanish Conversation 9:30 am- Tai Chi 10am- Euchre 10:30am- Tap 2 12:15pm-Bingo 1pm-Scrabble 1pm-Book Share	5 LEO'S CAFÉ CLOSED 9am-Balance Exercise 9:30am-Fiber Arts 9:30am- Basic Meditation (Zoom) 10am-Line Dancing-(Int.) 11am- Zumba Gold 12pm-Poker 12:30pm- Line Dancing-(Beginner) 1:30pm-EZ Yoga
8 LEO'S CAFÉ CLOSED 9am- Balance Exercise 11am-Zumba Gold 1pm-Ukulele 1pm-Computer Clinic 1pm-National Federation of the Blind	9 9:30am-Fiber Arts 10am- Tai Ji 10am- Watercolor-(Int) 11:30am-Cribbage 1pm- N.O.W 1pm- Ping Pong 1pm- Pinochle 1pm- Tap 1 2pm-Grief & Wellness Group 2:30pm-Beginning Hula	10 9am-Balance Exercise 9am- Water Media Drop-In 11am-Zumba Gold 12pm- Bridge 12:15pm-Chair Dance 1pm- Il Circolo Italiano 1pm- Mahjong 1:30pm-EZ Yoga 2pm-Conversaciones en Espanol 4:30pm-Senior Singles	11 9:30am-Sewing Class 9:30am- Spanish Conversation 9:30am- Tai Chi 10am- Euchre 10am-"Hooked On Fishing" 10:30am-Tap 2 12:15pm-Bingo 1pm-Scrabble 1pm- Whole Foods Plant Based Group	12 9am-balance Exercise 9:30am-Fiber Arts 9:30am- Basic Meditation (Zoom) 10am-Line Dancing-(Int.) 11am- Zumba Gold 12pm-Poker 12:30pm- Line Dancing-(Beginner) 1:30pm-EZ Yoga
15  Martin Luther King Jr. Day <i>January 15</i> Shipley Center Closed	16 9:30am-Fiber Arts 10am- Tai Ji 10am- Watercolor-(Int) 11:30am-Cribbage 11:30am-Healthy U 1pm- N.O.W 1pm- Ping Pong 1pm- Pinochle 1pm- Tap 1 2pm-Grief & Wellness Group 2:30pm-Beginning Hula	17 9am-Balance Exercise 9am- Water Media Drop-In 11am-Zumba Gold 12pm- Bridge 12:15pm-Chair Dancing 1pm- Il Circolo Italiano 1pm- Mahjong 1:30pm-EZ Yoga 2pm-Conversaciones en Espanol	18 9:30am-Sewing Class 9:30am- Spanish Conversation 9:30 am- Tai Chi 10am- Euchre 10:30am- Tap 2 12:15pm-Bingo 1pm-Scrabble	19 9am-balance Exercise 9:30am-Fiber Arts 9:30am- Basic Meditation (Zoom) 10am-Line Dancing-(Int.) 11am- Zumba Gold 12pm-Poker 12:30pm- Line Dancing-(Beginner) 1:30pm-EZ Yoga

JANUARY 2024 –WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
22 9am- Balance Exercise 11am-Zumba Gold 1pm-Ukulele 1pm-Computer Clinic 3pm Senior Show and Tell	23 9:30am-Fiber Arts 10am-SHIBA 10am- Tai Ji 10am- Watercolor-(Int) 11:30am-Cribbage 1pm- N.O.W 1pm- Ping Pong 1pm- Pinochle 2pm-Grief & Wellness Group	24 9am-Balance Exercise 9am- Water Media Drop-In 11am- Zumba Gold 12pm-Bridge 12:15pm- Chair Dance 1pm- Il Circolo Italiano 1pm-Mahjong 1:30pm-EZ Yoga 2pm-Conversaciones en Espanol	25 9:30am- Spanish Conversation 9:30am- Tai Chi 10am- Euchre 10am-Vets Coffee 10:30am-Tap 2 12:15pm- Bingo 1pm-Scrabble	26 9am-Balance Exercise 9:30am-Fiber Arts 9:30am- Basic Meditation (Zoom) 10am-Line Dancing-(Int.) 11am-Zumba Gold 12:30- Line Dancing -(Beginner) 1pm-Poker 1:30pm-EZ Yoga
29 9am- Balance Exercise 11am-Zumba Gold 1pm-Ukulele 1pm-Computer Clinic	30 9:30am-Fiber Arts 10am- Tai Ji 10am- Watercolor-(Int) 11:30am-Cribbage 11:30am-Healthy U 1pm- N.O.W 1pm- Ping Pong 1pm- Pinochle 2pm-Grief & Wellness Group	31 9am-Balance Exercise 9am- Water Media Drop-In 11am- Zumba Gold 12pm-Bridge 12:15pm- Chair Dance 1pm- Il Circolo Italiano 1pm- Mahjong 1:30pm-EZ Yoga 2pm-Conversaciones en Espanol 9-3 TAX AIDE		
Saturday <u>January 6th & 20th</u> <u>Strait Wheelers-</u> <u>Line Dancing</u> <u>5:30pm</u> <u>January 13th & 27th</u> <u>Bridge 6:30pm</u> <u>January 27</u> <u>TAX AIDE</u> <u>9-3</u>				

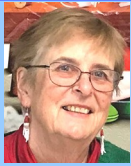
Volunteer Recognition Luncheon Coming Soon!

Be sure you have logged all your volunteer hours in the book at the Front Desk!

We want to make sure that all who have been generous with their time, get recognized.

Questions?

Contact Volunteer Coordinator, Theresa Fox



Spotlight on . . . Volunteering

By Margaret Cox

I don't know about you, but the time between Thanksgiving and Christmas caught me up short again, with so many things to do and so little time to do them in! So, I am taking the less-stressful way out by reprinting a "Spotlight" of five years ago. The theme is an ever-important one, benefitting others . . . as well as you!

Much of this "Spotlight" is from an article in the *Peninsula Daily News* of Friday, November 1, 2019, with permission of the writer, the Rev. Kate Lore of the Quimper Unitarian Universalist Fellowship in Port Townsend, to modify it and publish it here

1. Helping Others Helps the World—and YOU!

Volunteering your time, money, or energy to help others doesn't just make the world better . . . it also makes *you* better! Studies indicate that the very act of giving back to the community boosts your happiness, health, and sense of well-being.

According to recent studies of lending a hand, here are seven scientific benefits of volunteering:

2. Helping others can help you live longer.

Want to extend your lifespan? Consider volunteering to coach a team, serve meals at a shelter, mentor young students . . . volunteer your time, skills, and talent to Shipley Center!

Research has shown these kinds of activities can improve health in ways that can lengthen our lifespan. This is because volunteerism reduces rates of depression, improves our ability to manage stress, alleviates loneliness, and gives us a sense of being needed.



Cindy Crossman, volunteers at the front desk and on our board of directors!

3. Helping others makes us happy.

One team of sociologists tracked 2000 people through a five-year period and found that Americans who described themselves as "very happy" volunteered at least 5.8 hour per month. This heightened sense of well-being might be the byproduct of being more physically active as a result of volunteering, or because it makes us more socially active. Researchers also think giving back might give us a mental boost by providing us with a neuro-chemical sense of reward.

4. Helping others may help with chronic pain.

Studies are demonstrating that volunteers who suffer from chronic pain experience a reduction in their symptoms when they regularly help out others.

5. Helping others lowers blood pressure.

It has been found that volunteers who work at least 200 hours a year have seen significant reductions in their blood pressure . . . sometimes as much as a whopping 40%!

6. Helping others promotes positive behaviors in teens.

According to sociologists, teenagers who volunteer have better grades and self-image. It helps them *develop and expand their compassion and concern for others*... certainly laudable goals for seniors as well!

Continued on page 13

Spotlight” continued from page 12



Susan Geritz, Leo's Café volunteer, helps with the rolls for the Holiday Dinner.

7. Helping others gives us all a sense of satisfaction.

Looking for more meaning in your day-to-day existence? Studies show that volunteering enhances an individual's overall sense of purpose and identity—particularly if they no longer hold a life-defining role like “worker” or “parent”.

8. Altruism is contagious!

Altruism is “the belief in or practice of selfless concern for the well-being of others.” When one person performs a good deed, it causes a chain reaction of other altruistic acts.

One study found that people are more likely to perform actions of generosity after observing another do the same. This effect can ripple throughout the community, inspiring dozens of individuals to make a difference.

Taken together, it all boils down to this:

WE ALL RISE BY LIFTING OTHERS!

You may already be experiencing the benefits of volunteering for various local organizations. Over one hundred of you volunteer here at *ShIPLEY Center* in one way or another, for which we are grateful. We could not run an organization of this size without the generous service of volunteers like you.

Do you have a talent you would consider leading a group in learning about? Do you have a skill which could be put to use at the Center?

Volunteers are always needed at the front desk, for social events, on the Board of Directors...and pie baking! *Leo's Café* is in desperate need of servers; even one day a week . . . and you get a free, delicious meal! We want this special Shipley Center amenity to survive; not to close for lack of volunteers.

Make volunteering in some way a 2024 New Year's Resolution! You can leave your name at the front desk and someone will get back to you.

We look forward to celebrating **YOU** at our next *Volunteer Appreciation* event!



More Fantastic volunteers!
Left to right, Susan Hunt, Cindy Grey, Karen Rose, and Nancy Southwick

Shipley Center's Bad Weather Closure Policy

As we are into the potentially bad weather season, we want to remind you about our Bad Weather Closure Policy. Hopefully we won't have to use this, but it is always better to be prepared!

If Sequim School District says **NO SCHOOL**, 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

SCHOOL DISTRICT CLOSURE INFO CAN BE FOUND ON: 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.

Roger Stefano is offering:

ILCIRCULO ITALIANO

Conversation and Reading in Italian
1:00 Wednesday in the Art Room

CONVERSACIONES EN ESPANOL

Conversation and Reading in Spanish
2:00 Wednesday in the Art Room

Please call the office to indicate your interest
in either of these classes.



EUCHRE

Every Thursday
10am-12

Led by John Christian
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!

Find the Hidden Object



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

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!

SHOW AND TELL FOR SENIORS

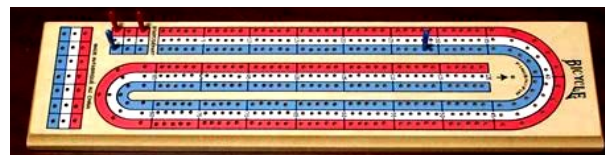


Bring something interesting to
show and talk about. It can be
an antique, hobby, pet or something
else that you enjoy.

This fun and interactive group is
led by Michael Smith.

3pm on the FOURTH MONDAY, Jan. 22

Activity fee: \$2 for members, \$4 for non-members



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: WE HAVE NEW TABLES!

Come join in on the new and improved fun.
Tuesdays from 1:00-2:00
(and possibly another time coming soon!)



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

Members Giving Monthly (MGM) Club!

Ronald & Wanda Bean
Rena Blank
Helen Bucher
Barbara Cobean
Laurine Cooper-McGrew
Margaret Cox
Larry Cross
Jerry & Beth Culhane
Roberta Dahm
Jane Felland

Barbara Filigno
Charlotte L. Frazier
Ren Garypie
Richard Godsey
Joel & Karen Hanson
Donna Heien
Margot Hewitt
Deborah Hudson
Mary Huston
Anne Kask

Judith Lange
Diane Lopez
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Richard & Norma Michels
Debbie Patterson
Mary Porter-Solberg
Mary Ellen Reed
Linda Rees
Marion Rutledge
Becky & Lynn Skilling

Michael & Elizabeth Smith
Mimi Sutton
Robbie Varney
Mary Lou Westman
Dave & Cindy Yarnchak



Recent General Fund Donors

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Lora Bergren
Dana Cowan
Karen Rose
David & Trudy Scully
Diana VanderByl & Rick Seanor



Health & Wellness Annex

From Judy Lange, In Memory of Ronnie Lange
Marion Rutledge

IN MEMORIAM

Larry Drysdale
Gary Eustice
Pauline Hammond
Jerry Hengen
Stanley Johann
Maria Mactavish
Christel Pucz
Don Skidmore
Tommy Suege
Dan Urso

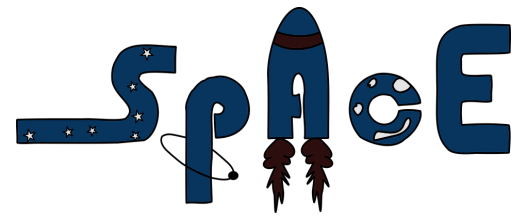


WELCOME NEW MEMBERS

Linda Bailey
Steve Bailey
Carol Bresee
Mary Cofield
Margaret Delory
Linda Hamilton
Judy Harniss
Eileen Himmelsbach
Laura Himmelsbach
Leah Holce
Carol Howard
Michael Howard
Kathryn King
Mary Klix

Jim Lavrakas
Ruth Lavrakas
Debbie Leach
John Leibel
Mary Leibel
Jerry Mann
Judy Mann
Gayle Mousis
Kathleen Nicholson
Nanette Osborne
Terry Penrose
Donald Pitkin
Reba Renner





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

ASTEROID
 AXIS
 BLACK HOLE
 BLUE WHITE
 COMET
 CONSTELLATION
 EARTH
 ECLIPSE
 GALAXY
 HELIUM
 HYDROGEN
 JUPITER
 LIGHT YEARS
 LITTLE GREEN MEN
 MARS
 MASS
 MERCURY
 METEOR
 METEORITE
 MOON
 NEBULA
 NEPTUNE
 NIGHT SKY

ORBIT
 PARTICLES
 PATTERN
 PLANET
 PLANISPHERE
 PLUTO
 RED
 REVOLUTION
 ROTATION
 SATELLITE
 SATURN
 SOLAR SYSTEM
 SPACE
 SPACE ALIENS
 SPACE SHUTTLE
 SPACECRAFT
 STAR
 SUBATOMIC
 SUN
 TELESCOPE
 URANUS
 VENUS
 YELLOW



Winter Words

lrdzaizb _____
 nigezerf _____
 wnimeblsoo _____
 annsmow _____
 lfennla _____
 iagttnks _____
 seliicc _____
 yloiahd _____
 nbtkael _____
 ruefamsf _____
 itftnporso _____



Where should you go to practice math on New Year's Eve?
 Times Square!

Do you have a date for New Year's Eve?
 I do! It's December 31st!

Did you hear about the guy who proposed to his girlfriend on New Year's Eve?

Talk about a great way to ring in the New Year!

Did you know that if you eat 12 grapes on New Year's Eve it will bring good luck in the following year?

Just doing my part raisin awareness so that people can have a grape year!

Why did the man go to the doctor on New Year's Eve?

He was having auld langiety about what his New Year's resolutions should be!

Who looks forward to the new year the most?

The calendar companies!

My New Years resolution was to eat 1200 calories a day. I've been doing so great!


I've surpassed my goal every day.



For my New Years Resolution, I would like


to be more assertive. . . but only if it's okay with you.

See Page 17 for answers to the Word Scramble!



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offers preventative dental care services at Shipley Center!

Sound Dental Care's team of Licensed dental Hygienists provide limited oral evaluations, dental cleanings, and other preventative procedures that one might receive at a dental office, **on site** at Shipley Center.



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

NEW PRICE: \$189 for cleaning and exam (including diamine fluoride treatment). She will honor the previous rate of \$149 for existing clients for their next appointments.

Answers to Word Scramble:
Blizzard, Freezing, Snowmobile, Snowman, Flannel, Skating, Icicles, Holiday, Blanket, Fartuffs, Footprints

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Rhonda Huchonson
360-477-6262
Rhuchonson@gmail.com

Footcare Days:
Tues, Wed, Thurs
8:30am - 3:30pm

**Please call
Rhonda
for appointment!**

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

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

Certified by
WA Dept. of Health
Pedicures
Manicures



NEED HELP MOVING?

John Sebastian, who is a volunteer
bus driver for Shipley Center trips,
is ready to move you,
"from anywhere to anywhere in the
lower 48."

**John handles all phases of moving.
Please call 541-571-3765 to discuss
your needs.**

**Interstate Moves
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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>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
Diane Luoma	Becky Skilling	Cindy Grey
Nancy Madison	Lynn Skilling	Susan Hunt
Debbie McIntyre		Renee Millar
Kathy Nichols		Steve Romberg
Brenda Peck		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

2024 BOARD OF DIRECTORS:

President	<i>Renee Millar</i>
Vice-President	<i>Beth Culhane</i>
Secretary	<i>Margaret Cox</i>
Treasurer	<i>Karen Hanson</i>
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<i>Judy Lange</i>	<i>Eileen Schmitz</i>
<i>Tom Marshall</i>	

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INSIDE/OUTSIDE/COVERED
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(360) 683-8912

Wanted to Buy: Salmon/Bass Plugs/Lures

Interested in old tackle boxes
Cash in Hand-Bill Sullivan 360-683-4791

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Reliable. Conscientious. Local and Retired.
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Call or text Sherry 360-775-6388

Want to Buy: Singer featherweight sewing machine
Free-Arm model 222K.
Call Sandy Brehan 360-670-6769



Beth Hempel and Theresa Nasmith visit with Santa!

Advertise with Us!

Shipley Center's newsletter goes out to over 1700 members.

Ad fees range from \$20-\$80 per month with a reduced rate for multiple months.

We also offer opportunities to display your business card or trifold.

Going Big? Consider an annual sponsorship package.

Call our program director for more information.
360-565-5263



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The Center News Sneak Peek...

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Trips and Tours

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Spotlight on *Volunteering*
Puzzles and Fun

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pp.12-13
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