



THE CENTER NEWS

A Monthly Publication of Shipley Center - September 2026



September is National Fall Prevention Awareness Month!

Shipley Center will celebrate this with a Rainshadow Readers presentation, guest speakers* . . . and refreshments.

Monday, September 28th at 2:30 pm

*EMT Mark Karjaleinan

*PT/DPT Jason Wilwert

*Shipley Member

Debbie Patterson

Shipley Center's Main Room

HOPE TO SEE YOU THERE!

**This is Open to the Public so
Bring a Friend!**



Falls are the leading cause of injury among adults aged 65 and older, with over one in four seniors experiencing a fall each year, leading to serious injuries. Come learn ways to prepare yourself and your environment to lessen the likelihood of YOU falling!

Look forward to these Presentations and

SAVE the DATES!

Thursday, October 1, 10:00: Damien Alexander presents "Before You Click It: Scam Safety for Everyday Technology."

Thursday, October 8, 9:30: Crystal Rodman presents "The Foundations of Staying Independent: stay strong, stay home, stay in control."

Thursday, October 15, 10:00: Sherryl Chandley-Brown presents "Novelty, Curiosity, and the Brain."

Thursday, October 22, 9:30 Clallam Ready Sequim presents on emergency preparedness: (see p.13).

Thursday, October 29, 9:30: Shannon Summers presents "Get Your Ducks in a Row: Simple digital tools for life's big planning."

Thursday, November 5, 9:30: Lynn Ilon presents "Beyond Poverty: What Living and Working Around the World Taught Me About Human Possibility." (see pp 12-13 in our August newsletter).

All presentations are scheduled in our Front Room-See you there!

TRIPS & TOURS

Debbie Patterson, Trips & Tours Coordinator

Office hours: 9 to 1 Monday-Friday



Shipley Center Trips: 360-683-5883

trips@shipleycenter.org

PREMIER

Sierra Nevada Rail Journey: December 2026

Treasures of Ireland: April 2027

Fantastic Florida, Grand Canyons

COLLETTE TRAVEL

Christmas on the Danube: December 2027

The Plains of Africa with an optional 5-night Tanzania tour: October 2027

Croatia, Amish Adventure, Christmas Markets

Call Trips today to reserve your seat! 360-683-5883. Remember: All Trips information is on the green insert!

PARKING CHANGE! For safe parking across the street, please drive to the area marked with orange cones!

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

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

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

Wills Award Winner



Robin Bookerter

Branch Manager

Sequim Ave

NMLS# 1433280

rbookter@ourfirstfed.com



Nicole Pruden

Branch Manager

Sequim Village

NMLS# 1560819

npruden@ourfirstfed.com



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Adult Day Stay Program, 7 days a week
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Call us or stop by today!

(360) 582-9309

www.dungenesscourte.com

651 Garry Oak Drive Sequim, WA 98382



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

Leo's Café with Chef Kathryn Kitts

Please note our new schedule!

'A Little Café with a Lotta' Love'

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

We Cannot Thank You Enough!

*We could not have Leo's Café or any of our
fabulous special events if it were not for our
many wonderful volunteers:*



***Babbette Barton
Alicia Campion
Elaine Churchill
Marcia Cowen
Melinda Dewey
Theresa Fox
Sharla Fraker
Susan Geritz
Cindy Grey
Karen Hanson
Susan Hunt***

***Sandie Kiehl
Colleen Lenihan
Renee Millar
Theresa Nasmith
Debbie Patterson
Glenn Patterson
Carolyn Pittenger
Linda Plenert
Steve Romberg
Patricia Snyder
Linda Strohm***

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

921 E. Hammond St. Sequim, WA 98382 Year 55 Issue #9

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

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

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

Community Announcements



Volunteer Hospice of Clallam County

When Good Plans Go Bad:

Estate Planning Mistakes Even the Pros Make and How to Prevent Them.

Jill Mastroianni, JD

Wednesday, September 9, 2026

12:00-1:30 Online

Information and Registration

360-452-1511 or astrid.r@vhocc.org

OLYMPIC PENINSULA HUMANE SOCIETY

Is hosting an in-person Volunteer Fundraising Orientation for those interested in learning about ways to raise much-needed funds to support animals needing care.

If you have a willingness to learn, share your talents, and work with people who make a difference, please join us

Saturday, September 12, 1:00-4:00

Kitty City, 91 Boyce Road S. in Sequim.

To register, call Julie: 206-240-0674

Or email boardmember4@op-hs.org



The September meeting of the Sequim Diabetes Support Group

will be held at Shipley Center in the Art Room

Wednesday, September 2, 10am-11am.

A general meeting with very helpful information, the event is open to the public and free.

Any contributions are given to

Shipley Center for the use of the space.

Next month's meeting is October 7, 2026.

VETERANS COFFEE SOCIAL

Join Assured Hospice on the 1st Thursday of each month at 10:00 In the Shipley Center Library.

Pastries and Coffee and good conversations.

921 Hammond St.
Sequim, WA 98382



GRIEF AND WELLNESS SUPPORT GROUP

Led by Debbie McIntyre

TUESDAYS AT, 2:00

In the Shipley Center Art Room

All are welcome.



shutterstock

WOW! WORKING ON WELLNESS

*****THE FORUM*****

September 9, 2:00 PM – 3:00 PM
KSQM FM (91.5) Radio Station

“How Do MIH Paramedics Help?”

Whole Foods Plant Based Potluck Group meets 2nd Thursday at 11:30 in our Front Room. Thursday, September 10.

All are welcome: beginners and seasoned plant-based-diet people. Curious about plant-based diets? Please join us.

We are learning together!

Don't know what to bring? No worries. Showing up is the most important step.

Call Chuck 425-503-2929 or

Wendy 360-463-6355 with any questions.



Personal help with your Medicare questions.



1st and 3rd Tuesdays from 10:00 to 12:00.
No charge. No appointment needed.



DUNGENESS VALLEY HEALTH & WELLNESS CLINIC
THE SEQUIM FREE CLINIC
A Beacon of Health A Beacon of Hope

Urgent Care Drop-in
Mondays and Thursdays
4:30-6:00

777 N 5th Ave #109

Chronic Care: Tuesdays by appointment: 360-582-0218

**MICHAEL SMITH, EXECUTIVE DIRECTOR**

September is National Senior Center Month!

Hey, we get our own month to celebrate being your senior center! The National Council on Aging's National Institute for Senior Centers (NISC) reminds us of the advantages that communities that have senior centers enjoy.

This year's theme is "Happier Birthdays Happen Here!"

Not that everyone was born in September—or needs to celebrate with cake and a large number of candles! I believe "happier birthdays" means recognizing each birthday as a chance to celebrate life's journey and embrace the many opportunities senior centers offer throughout the year.

If you are new to the concept of a senior center, or haven't given much thought to the idea of why we have them, you might want to check out what the NISC has come up with:

Senior Centers bring essential services, opportunities and support together in one place.

Every day, they:

- Create welcoming spaces for connection and community.
- Provide programs that support physical and mental health.
- Connect people to benefits, resources, and critical services.
- Offer opportunities for learning, creativity, and engagement.
- Help people stay connected in and increasingly digital world.

This matters because:

- People feel more connected and less isolated.
- More people stay active and engaged in daily life.
- Participants build confidence, relationships, and a sense of belonging.

The outcomes for lasting meaningful change include:

- People living healthier, more independent lives.
- More people are able to age well—and have Happier Birthdays, on their own terms.
- Every year becomes an opportunity for growth, connection, and well-being.

So enjoy your birthdays, every single one of them, and enjoy all the other days of the year too, as you join us here at Shipley Center!

Michael

p.s. This year Shipley Center honors Senior Center Month with our Safety First event on Monday, September 28. Please Join us! See page 1 for more information.

BUILDING UPDATE:

- Ductwork is being run to each room by Air Flo Heating.
- Drywall is being installed in the kitchen by staff and volunteers in preparation for stainless steel.
- Wires for smoke detectors and alarm are being run to each room by Kirsch Electric.
- Cabinets are being ordered.
- Furniture and fixtures for Leo's Café are arriving and needing to be stored.
- New water main and water meter required by the City are being installed.

**DANCE LESSONS****"WEST COAST SWING"***Taught by Alan & Beth***PARTNER REQUIRED**1 hour lesson followed by half hour
of guided practice**MONDAY NIGHTS 6:00 - 7:30 pm**
September 7, 14, 21, 28**LOCATION - SHIPLEY CENTER**
921 E Hammond Street, Sequim**\$40 per person for the entire series****- Not open to drop ins -*****Pre-Registration Required*****(All proceeds donated to Shipley Center)****FOR INFORMATION and REGISTRATION:****BETH - (360) 582 - 9038 or (360) 808 - 8600**
dancer.280instructor@gmail.com

New Members

Molly Bergesen	Joe McKinnon
Gina Bridges	David Meissner
Lisa Bright	Sam Merino
Julianne Coonts	Rick Miller
Lorra Cornet	Allan Olson
Captain Crystal	Joan Plumb
Tracy Eglin	Janet Powell
Mary Enright-Olson	Ralph Richie
Alex Ethridge	Dan Rush
Susan Ethridge	Jim Schuenemann
Dorothy Frazell	Amy Shigley
Richard Garvey	Gene Spencer
Sandra Garvey	Maureen Terrazano
Jamie Goodwin	Rick Terrazano
Libby Henry	Deborah Turner
Cindy Jacobsen	Jev Unick
Larry Jensen	Karen Uris
Laura Johnson	Tammy Vanderschelden
John Jones	John Vilella
Theresa Knight	Gale Wallis
Brad Littlefield	Jennifer Wardell
Doug McDonald	Jennell Watson

THE Albert Haller FOUNDATION

Est. 1992

Albert Haller, successful logging entrepreneur and philanthropist, left a legacy that has been supporting community causes in Clallam County for over 30 years.

The Albert Haller Foundation, a 501(c)3 non-profit charitable organization, would appreciate your contributions and estate gifts to continue this important work.

Please go to www.alberthallerfoundation.org to learn more.

You may also contact Alan Millet, attorney, at 360-683-1119



In Loving Memory



Roger Blume

David Jackson

You all matter to us!

If you haven't seen one of your regular attendees in a while, please call the office to let us know and we will make a call to check on them. Thank you for helping us care about everyone!

**PLEASE NOTE:****TECH SUPPORT AT SHIPLEY CENTER IS FOR MEMBERS ONLY.**

Non-members would need to join in order to take advantage of this service.

"Shipley Center is grateful to the Albert Haller Foundation for their \$60,500 in grants to help us renovate our new location!"

Thank You TO OUR DONORS

Members Giving Monthly (MGM) Club!

GENERAL FUND

Anonymous
Shirley Anderson
Frank Argersinger
Theresa Bancroft
Jerry LaJambe Bean &
Wanda Bean
Roeha Blank
Cheryl Brown
Helen Bucher
Beverly & James Cone
Margaret Cox
Larry Cross
Cindy Crossman
Beth Culhane
Bobbie Dahm
Jane Felland &
Michael Varon Felland
Barbara Filigno
Theresa Fox

Ren Garypie
Richard Godsey
Melinda Griffith
Karen Hanson
Donna Heien
Margot Hewitt
Deb Hudson
Lois & Mary Huston
Anne Kask
Jerry & Paula Koch
Ron and Victoria Lane
Judy Lange
Jim & Ruth Lavrakas
Yvonne Linnabary
Diane Lopez
Ilonka Mackenzie
Carol & Peter Macrae
Norma & Richard
Michels
Luigi Nicoloso

Debbie & Glenn
Patterson
Mary & Steve
Porter-Solberg
Louise Potter
Betsy Racoosin
Mary Ellen Reed
Linda Rees
Marion Rutledge
Molly Schwarz
Pat Shook
Becky & Lynn Skilling
Elizabeth & Michael
Smith
Rich Snow
Miriam Spreine
Morgan Stephenson
Mimi Sutton &
Butch Zelenka
Robbie Varney
Susan Waldroup

Dennis Westernen
Mary Lou Westman
Cindy & Dave
Yarnchak
BUILDING FUND
Lynn Berg
Ken and Wendy Foster
Beth Glick
Scott Johnson &
Lauralee Wadsworth
Judy Larimore
Philomena Lund
Jim & Natasha Nichols
Jill Palmquist
Douglas Rayburn
Vicki Sheckler
Rich Snow
Linda Strohm
Barb Uram
Ann & Scotty Wells

Recent General Fund Donors



Barbara Baker
Mary Blankenship
Gerard & Katherine
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Ellen Doig
Laura Erickson

Pam Fankhouser
Bill & Tamara
Harrington
Donna Heien
RayDelle Kistler
Susan Langston

Marsha Melnick
Katie Phillips
Nancy Randall
Laura Singer
Darlene Sylvia

THANKS FOR KEEPING THE LIGHTS ON!

Helping us Build

Chrystina Bruneau
Audrey Gift
Richard Godsey
Bill & Tamara Harrington
Priscilla Kessler
Darlene Lemon

Timothy & Barbara Paschal
Douglas Rayburn
Helen, Carolyn & Charles Rice
Jeff & Missy Russell
Kath Sercu
Laura Singer

Marilyn Zimmerman



"IL Carosello Italiano"
An Interactive and engaging
class on daily conversations
while speaking Italian.
Thursdays 2:30-4:00
in the Art Room.



Spanish Conversation meets
Thursdays 9:30-11:00
in the Art Room.



Interested in Readers Theatre?

Join the Rainshadow Readers, reading
plays, stories, poems and original writing
from participants. Scripts are also
rehearsed for presentations at local
senior living communities. (No memorization required!)

Mondays at 12:00 in the Front Room.

Cours de Français

with Susan Zarit

FRIDAYS AT 2:30

In our Art Room



Mahjong

New to Mahjong?

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

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

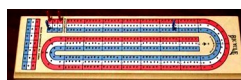


EUCHRE
Every Thursday
10:00-12:00 in the Classroom
Just show up for
fun and laughter!

Cribbage

Led by David Squier

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



Bridge

Wednesdays 12:00-3:30

In our Front Room

Please call Earl Karich to express your
interest: 360-582-7917

2nd & 4th Saturdays
6:30-9:00

Please call Diana Smith: 360-775-5126

S C R A B B L E

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

**NEW
TIME!**



Games start at 12:00 on Thursdays.

Come early to purchase your cards.

Members \$1/Non-members \$2.

Bingo Cards are just 50 cents each.

15 games, and we also have a Potluck.

BIG Money on the last Blackout.

Play Responsibly!

PINOCHLE

Led by Vicki Kingsolver

Tuesdays at 1:00 in the Classroom



MEXICAN TRAIN

Mondays at 10:00 in the Classroom

Just show up and have fun with us!

360-683-6806



**Hand
and
Foot**



HAND AND FOOT

Fridays

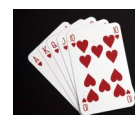
9:00-11:00
in the Classroom



Ante up!

Join the Shipley Center Poker Group

FRIDAYS at 11:30
In the Classroom
There's room for you at the table!





Hula

Tuesdays 2:00 - 3:30

In the Dance Hall

Members \$3, Non-members \$6
Please call Sandi Lazzaro for information
360-809-3390

PERSONAL SAFETY/SELF DEFENSE



Led by Retired Police Officer
Ken Phillips
Is on hiatus for several weeks.



Watch the calendar for
the restart date!

Line Dance on Fridays!

10:30-12:15 High Beginner

12:30-2:00 Beginner 2

2:15-3:30 Beginner 1*

*Please watch the calendar for cancelations.



Chair Ballet Resumes

Monday, September 21 at 9:00

Join Bayley Johnson to relive childhood dreams and build strength and grace. This 55-minute class is adapted for those with mobility and balance issues.

We will begin each class in a chair and advance to simple steps.
You will leave feeling poised and empowered!



ZUMBA GOLD

Mondays and Fridays at 11:00
Wednesdays at 11:15

*Please watch the calendar for cancelations.

Easy Stretching with Keoki

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

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

Mondays at 2:30 in our Front Room



Chair Qi Gong

For Balance, Flexibility &
Mindful Focus

FRIDAYS AT 9:30 IN OUR FRONT ROOM

Led by Richard Chabot



Have YOU tried YOGA?

EZ Yoga

Wednesdays and Fridays at 1:30

\$3 Members \$6 Non-members



The gentle art of TAI JI

led by

Steve Arstad and Scotty Wells

10:00 on Tuesdays in the Main Room

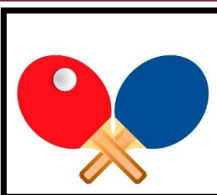
Ping Pong

Tuesdays 12:00-1:30

Wednesdays/Thursdays 3:30-5:00

Sundays 1:30-3:00

All levels of skill welcome!



TAI CHI CHUAN

Join Richard Chabot for this
classic practice.

Wednesdays at 10:00

In our Main Room



Ukelele Play and Sing
Mondays 1:00-3:00
In the Main Room

Fiber Arts

Tuesdays in our Front Room at 9:30

Fridays in the Art Room at 9:30



BASIC MEDITATION CLASS via ZOOM!

Friday Mornings at 9:30

A basic guided meditation class led by Jean Kipper.
Sponsored by Dungeness Courte Memory Care.
No class fee is required.

For more information call
360-683-6806



SEPTEMBER 2026-WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
SEPTEMBER WARNING!  We have several activity leaders who are unable to be here on various days. Please check the calendar to be sure your event is happening as planned.	1 9:30-Fiber Arts 10:00-Meet and Paint 10:00-SHIBA 10:00-Tai Ji 11:00-Cribbage 12:00-Ping Pong 1:00-N.O.W. 1:00-Pinochle 2:00-Grief and Wellness Group 2:00-Hula	2 9:00-Balance Class 10:00-Diabetes Support Group 10:00-Exercise is Fun 10:00-Tai Chi Chaun 11:15- NO Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	3 9:30-Spanish Conversation 10:00-Euchre 10:00-Vet's Coffee 11:30-Exercise is Fun 12:00-Bingo 1:00-Scrabble 1:00-Luncheon 2:30-ILCarosello Italiano 2:30- NO Personal Safety 3:30-Ping Pong	4 LEO'S IS CLOSED 9:00-Balance Class 9:00-Hand and Foot 9:30-Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation (Zoom) 10:30-Line Dance (High Beginner) 11:00-Zumba Gold 11:30-Poker 12:30-Line Dance (Beginner 2) 1:30-EZ Yoga 2:15- NO Line Dance (Beginner 1) 2:30-French Class
7  SHIPLEY CENTER IS CLOSED!	8 9:30-Fiber Arts 10:00-Meet and Paint 10:00-Tai Ji 11:00-Cribbage 12:00-Ping Pong 1:00-N.O.W. 1:00-Pinochle 2:00-Grief and Wellness Group 2:00-Hula	9 9:00-Balance Class 10:00-Exercise is Fun 10:00-Investing Class 10:00- NO Tai Chi Chuan 11:15- NO Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	10 9:30-HEALTHY U Crystal Rodman 9:30-Sewing 9:30-Spanish Conversation 10:00-Euchre 11:30-Exercise is Fun 11:30-Whole Foods Plant Based Group 12:00-Bingo 1:00-Scrabble 2:30-ILCarosello Italiano 2:30- NO Personal Safety 3:30-Ping Pong	11 LEO'S IS CLOSED 9:00-Balance 9:00-Hand and Foot 9:30- NO Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation (Zoom) 10:30-Line Dance (High-Beginner) 11:00-Zumba Gold 11:30-Poker 12:30-Line Dance (Beginner 2) 1:30-EZ Yoga 2:15- NO Line Dance (Beginner 1) 2:30- NO French Class
14 9:00-Balance Class 9:00- NO Chair Ballet 9:00-Water Media Drop-in 10:00-Mexican Train 11:00-Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	15 9:30-Fiber Arts 10:00-Meet and Paint 10:00-SHIBA 10:00-Tai Ji 11:00-Cribbage 12:00-Ping Pong 1:00-N.O.W. 1:00-Pinochle 2:00-Grief and Wellness Group 2:00-Hula	16 9:00-Balance Class 10:00-Exercise is Fun 10:00- NO Tai Chi Chuan 11:15-Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	17 9:30-Sewing 9:30-Spanish Conversation 10:00-Euchre 10:00-Healthy U Sherryl Chandley Brown 11:30-Exercise is Fun 12:00-Bingo 1:00-Scrabble 2:30-ILCarosello Italiano 2:30- NO Personal Safety 3:30-Ping Pong	18 LEO'S IS CLOSED 9:00-Balance Class 9:00-Hand and Foot 9:30- NO Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation (Zoom) 10:30-Line Dance (High-Beginner) 11:00-Zumba Gold 11:30-Poker 12:30-Line Dance (Beginner 2) 1:30-EZ Yoga 2:15-Line Dance (Beginner 1) 2:30-French Class

SEPTEMBER 2026-WEEKLY ACTIVITIES				
MON	TUE	WED	THUR	FRI
21 9:00-Balance Class 9:00-Chair Ballet!!! 9:00-Water Media Drop-in 10:00-Mexican Train 11:00-NO Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	22 9:30-Fiber Arts 10:00-Meet and Paint 10:00-Tai Ji 11:00-Cribbage 12:00-Ping Pong 12:30-Book Club 1:00-N.O.W. 1:00-Pinochle 2:00-Grief and Wellness Group 2:00-Hula	23 9:00-Balance Class 10:00-Exercise is Fun 10:00-Investing Class 10:00-NO Tai Chi Chuan 11:15-Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	24 9:30-Spanish Conversation 10:00-Euchre 10:00-The Essentials of Road Worthiness 11:30-Exercise is Fun 12:00-Bingo 1:00-Scrabble 2:30-NO ILCarosello Italiano 2:30-NO Personal Safety 3:30-Ping Pong	25 LEO'S IS CLOSED 9:00-Balance Class 9:00-Hand and Foot 9:30-NO Chair Qi Gong 9:30-Fiber Arts 9:30-Meditation (Zoom) 10:30-Line Dance (High Beginner) 11:00-Zumba Gold 11:30-Poker 12:30- Line Dance (Beginner 2) 1:30-EZ Yoga 2:15-Line Dance (Beginner 1) 2:30-NO French Class
28 9:00-Balance Class 9:00-Chair Ballet 9:00-Water Media Drop-in 10:00-Mexican Train 11:00-Zumba Gold 12:00-Readers Theatre 1:00-Ukulele 1:00-Computer Clinic 2:30-Easy Stretch	29 9:30-Fiber Arts 10:00-Meet and Paint 10:00-NO Tai Ji 11:00-Cribbage 12:00-Ping Pong 1:00-N.O.W. 1:00-Pinochle 2:00-Grief and Wellness Group 2:00-Hula	30 9:00-Balance Class 10:00-Exercise is Fun 10:00-NO Tai Chi Chuan 11:15-Zumba Gold 12:00-Bridge 1:00-Mahjong 1:30-EZ Yoga 3:30-Ping Pong	The Essentials of Road Worthiness with Ted Boothroyd This one-session class teaches the essentials of simple auto maintenance for those who have no knowledge of the topic. You will learn a complete walk-around inspection of your car or truck and important information on how not to waste money on your vehicle. We will not get dirty, change parts or crawl on the ground. Thursday, September 24 10:00-12:00 Please call the office to express your interest. 	
 COME PAINT WITH US! MONDAYS 9:00-12:00 Water Media Drop-in In the Art ROOM TUESDAYS 10:00-12:00 Meet and Paint In the Art Room TUESDAYS 1:00-4:00 North Olympic Watercolorists In the Front Room				

SEPTEMBER LINE DANCE SOCIAL IS SATURDAY THE 19TH AT 3:00!



SUNDAYS

PING PONG

1:30-3:00



Next Accordion Social!

Shipley Center 921 E. Hammond St.
 Sunday, September 13, 2026, at 1:30.

Join fellow accordion players and enthusiasts for an afternoon of music and dancing. Toby Hanson, a composer, arranger and master of polka music, will be our featured player.

\$5.00 suggested donation at the door.

SATURDAYS

BRIDGE

2nd and 4th

Saturdays

6:30-9:00



Spotlight on Jean and Jerry Christensen

By Margaret Cox

It's not often I Spotlight a couple, but Jean and Jerry were enthusiastically recommended by a member of my Balance Exercise class because "They are such interesting people!" She was not wrong! I hope you, too, will enjoy reading about the international lives of this fascinating couple



Starting with Jerry: An only child, Jerry was born in Berkley, CA. His dad worked building Cal ships for the war effort. After the war, the family moved back to Clovis, CA. While at Clovis High School, he excelled as a varsity starting pitcher. His claim to fame . . . pitching against Fresno High School's iconic pitcher, Tom Sever, four times!

Becoming a major league baseball player did not materialize, and college was not his thing. After lots of "dead-end jobs," Jerry knew he wanted more out of life, so he took the auspicious step of visiting the CA Employment Development Department. Bank of America (B of A) was hiring! He interviewed on Friday, and began working for B of A at the tender age of 22 the following Tuesday. Finance was to become his life-long career.

In 1965, the Vietnam era, Jerry joined the Army Reserve and was sent to San Antonio to train as a medic. 1971: After four years with B of A and six years in the Army Reserve completed, Jerry was able to pursue his dream of going into B of A's International division. The adventure began!

Next Up: Jean! Jean was born, brought up, and graduated from Fresno High School in Fresno, CA. She was the only daughter, with two older brothers. Growing up in a first-generation Italian-American family was a strong influence. Family continues to be an important part of her life. She spent her first year at Fresno City College, then transferred to Fresno State and majored in history. She left her senior year to marry Jerry and begin their shared adventure!

Growing up in Fresno (1947-1971) provided many cherished memories. Her father was a Southern Pacific RR conductor and brakeman. During Fresno's hot summers, her dad frequently worked the baggage run between Los Angeles and San Francisco. At ten+ years old, Jean would meet the train, often taking his lunch to him. Frequently she hopped on board and traveled to LA or SF. Family camping in Yosemite Valley every summer was the best, too!

1971, a Very Good Year: In April, Jean and Jerry were introduced to each other by a close friend of Jean's. Married seven months later, it was off to Jerry's first B of A posting in Djakarta, Indonesia. There was no TV, no radio, no telephone and, frequently, no electricity. Fifteen months later, they were blessed with their first child, Jason, who was born at Glen Eagles Hospital in Singapore.

A side-note: Their home was right next to a mosque where they could hear the calls to prayer five times a day . . . and 24 hours a day during Ramadan!

On to London: The summer of '73, Jerry was posted to London in the International Financial Center. Of that experience, Jerry says, "That was my master's degree!"

They both loved London! The big thing for Jean was the theatre! Seeing Yul Brynner onstage in "The King and I;" also, Ingrid Bergman, Sir Alec Guinness and so many others on stage! Exploring London fed Jean's curiosity. Jerry would go to work and Jean would "work" at establishing their new life in a new country.

More International Postings: Then followed St. Croix in the US Virgin Islands, where their second son, Jared, was born. Two years later, they were off to the Cayman Islands (snorkeling anyone?) for six months, and then to Puerto Rico where Jerry took a six-month MBA credit training program. Being there for all of four years (!), they finally were able to settle in, becoming part of a community and social circle, playing golf, and bridge, and having parties!

Jean went back to school, taking courses in elementary education at the Inter-American University satellite at Fort Buchanan and graduated with her BA.

Continued on p.13

Coming Home: After eleven years away from the US, with two young sons, now ages 9 and 6, the “call of home” became a yearning for them, for their boys to know “their country”. Time to learn its history, play Little League, experience what being a United States citizen is all about.

Back in the Good Ol’ US of A! Now in Bakersfield, where their daughter was born, they found a welcoming social community. Many of them had worked for oil companies all over the world, so there was a shared history and camaraderie.

Jerry was recruited by the Union Bank of CA, which was the start of Jean and Jerry’s 23 years in Davis, CA. There, they both volunteered with Little League, soccer, and girls’ softball. He earned a US Soccer Association referee’s license, refereeing high school boy’s and girl’s teams in the Sacramento Valley area. “We were enjoying the great American life!” Jean took on volunteer leadership jobs with American Field Service (AFS) and her daughter’s preschool.

After earning her degree in Special Education at Sacramento State, Jean became a Resource Specialist for seven years in Dixon, CA, continuing her career as a reading specialist there. When her mom died, Jean’s dad with dementia lived with them for two years. Of that time, Jean says, “It was quite a journey; a gift for him, but also a huge gift for us.”

To Washington State: In 2005, Gig Harbor’s Kitsap Bank recruited Jerry for their branch, and Jean was hired as a learning specialist at the Annie Wright lower school.

Nearing retirement age, “Where to settle?” Well, turns out, way back in the ‘70s, Jean and Jerry had taken a tent-trailer, traveled through Vancouver Island, took the Coho over to Port Angeles, and then along to Sequim. At that time, they thought, “This would be a good place to retire someday.” Some forty years later, they acted on that thought! In 2002, they bought a home and, in 2013, they finally relocated to Sequim. Jean retired and they promptly took a six-month adventure to Italy and France. They love to travel and currently Norway is their go-to place. They have a “Norwegian daughter” who they hosted for her senior year of high school, and she has given them two extra grandsons!

When in Sequim, they are self-proclaimed “home bodies,” having a lovely home with an extensive orchard and gardens. There are apple trees, pears, plums, and hazelnuts. They have raised-bed veggie gardens; Olympic Bluffs Cider is given their rhubarb! This is their “forever home,” where they will celebrate their 55th anniversary in December.

Shipley Center: Jean and Jerry are two of the many who joined Shipley Center, part of the reason being the upcoming “new” Center. Also, they needed something to get them away from home. Jean developed a foot problem, so couldn’t walk as much on the trail. . . so came to yoga with a friend. Both attend my Balance class three times a week. Jerry expects, as time goes by, he’ll “probably try a few things.” Welcome to Shipley Center and all it has to offer!



Clallam Ready Sequim

Emergency preparedness extends far beyond earthquakes; it encompasses comprehensive planning for severe weather, power outages, and medical crises.

It is a personal commitment that cannot be delegated to anyone else.

Help will be delayed: First responders will be overwhelmed;
you must be your own hero.

Give yourself peace of mind today by learning how to save lives, reduce the risk of injury, and safeguard your family and property.



Join Clallam Ready Sequim for a life-saving Emergency Preparedness event which will also highlight our Food Ready and Practical First Aid workshops.

- **When: Thursday, October 22, 2026 at 9:30 am – 10:30 am**
 - **Where: Shipley Center, Sequim, WA**
 - **Cost: Free and open to the public**

Don't wait for the sirens to sound. Pack your go-bag of knowledge before you need it!



1	Susan Bauer	8	Nancy Anderson	15	Kathy Bare	22	Richard Peetz
	Kim Fallon		Helga Berger		Carol Bresee	23	Richard Aksamit
	Melinda Griffith		Marijke Elbo		Patricia Gaine		Dona Brock
	Annette Krelle		Judy Foster		Sandra Necco		Arlene George
	Andy Meuleman		Vicki Kingsolver		Janet Powell		Donna Halsaver
	Barb Ross		George Norris		Neva Smith		Glenn Juenemann
	Doug Stebing		Laura Oliver	16	Jim Alana		William Keller
2	John Dolansky		Lynn Osborne		Pat Clark		Kathryn King
	Helga Du Bellier		Anita Ptacek		Gary Hess		Greg Scherer
	Sandra Garvey		Tracey Rice		Stacy Hughes		Gina Sterling
	Diane Marabello	9	Donnis Casey		Debbie McIntyre		Valerie Thurston
	Angela Saldivia		Dorothy Dawson		Lisa Roberts	24	Audrey Gift
	Dave Shuck		Maureen Keogh	17	Mary Lou Adney		Krystyna Gordon
	Linda Strohm	10	Carlene Brown		Mary Arstad		Stephen Hockaday
3	Rich Havel		Sandra Cloward		Brett Eldridge		Doris Moorman
	Darla Kalsbeek		Merry Estrem		Jim Hindes		Valerie Printz
	Susan Langston		Gail Gardiner		Crystal Leclercq		Kristine Sweeten
	Jim Perricone		Monika Livingstone		James Seiler		Mary Wochaski
	Sandy Slavin		Lou Martin		John Worl	25	Molly Bergesen
	Emily Westcott		James Ryan	18	Linda Adler		Larry Ormbrek
4	Linda Benson	11	Denise Cummings		Steve Arstad		Susie Ormbrek
	Donnarae Boston		Jane Erickson		Robert Holt		Jev Unick
	David Brehm		Jim Lavrakas		Richard Mansell		Jorraine Wall
	Steve Gill		Elaine Polidoro		Lydia Nelson	26	Gary Anderson
	Carolyn Iddins		Ivars Sarkans		Linda O'Neill		Elaine Bradford
	Judy Lapinsky	12	Carla Brady		Jean Siesener		Flora Collins
	Dorothy Masin		Lillian Chapman		Kathi Vito		Dick Hancock
5	Frank Argersinger		Bill Colvin		Colleen Weston		Gloria Hancock
	Mary Badovinac		Carolyn Horne	19	Mike Churchill		Regina Munn
	Cheri Bull		Patricia Molatore		Cheryl Daniels		Mary Reimer
	Marianne Burton		Peter Raiswell		Liliane Gilbert		Maureen Reimer
	Wayne Fincher		Jacob Steijn		Victoria Ormand		Donna Saunders
	Ingrid (Martha I.) Forcier	13	Paul Walline		Robert Piccirilli		Helen Williams
6	Don Johnson		Ester Church		Glenda Totten-Hatch	27	Pamela Berrian
	Judy Kelley		Jim Gordon	20	Dean Black		Marcia Smiley
	Kim Romberg		Claude Groff		Barbara English		Gail Titterness
	Denise Thomson		Carolyn Money		Joy Filip		Gail Watson
	Marilyn Zimmerman		Tony Osa		Neneth Hammond	28	Terri Bancroft
7	Mary Boice	14	Deb Stoltenberg		Joni Noges		Donna Davis
	Gerald Carlson		Reiko Barclay	21	Jozalyn Hamilton		Mary Flagg
	Robert Drews		Jill Creswell		Karen Hanson		Richard Harper
	Rosemary Freed		Doug Davis		Fred Johnson		Chris Heider
	Jim Hardie		Trudi Ann Elofson		Marge Klapproth		Mary Moore
	Phillip Milliman		Paulette Hill	22	Terry Boyer		Lois Rice
	Stephanie Nead		Becky Pittario		Susan Elvert		Scott Wells
8	Sandra Aksamit		Dian Svendsen		Mark Geyer	29	Jeanne Collier
			Mark Svendsen		Mike Pearson		CONTINUED ON p. 15

AGE OF EXPLORATION WORD FIND



- ASIA
- COLONY
- COLUMBUS
- COOK
- CORTES
- EMPIRE
- ENGLAND
- EUROPE
- FERDINAND
- FLORIDA
- FRANCE
- MAGELLAN
- NEW WORLD
- PIRATES
- PONCE DE LEON
- SEA ROUTE
- SILK ROAD
- SPAIN
- SPICES
- TRADE ROUTE

FIND THE HIDDEN OBJECT

There is a small drawing of a tall ship somewhere in the newsletter.

Send your name, phone number and the page number where you found the item to programs@shipleycenter.org.

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

Please enter by September 14!



CONTNUED FROM p. 14

- 29 Anne Kask
- Etta Nelson
- George Will
- 30 Trageen Baumbart
- Dawn Black
- Mary Eklund
- Arlene McClelland
- Russell McClelland
- Elaine Omachi
- Ursula Schletter
- Wendy Whittemore



LABOR DAY

Word Scramble

- MVNEMEOT _____
- AYPTR _____
- EBESRMTEP _____
- EWEKEDN _____
- SWEAG _____
- TSRGIH _____
- AYONDM _____
- TKEIRS _____
- ABUEERCB _____
- IOTAVACN _____
- ILOYAHD _____
- IRZEAOGN _____
- LRAYL _____
- CPCIIN _____
- BARLO _____
- ARDPEA _____
- NNUIO _____
- OJB _____

- JOB
- UNION
- PARADE
- LABOR
- PICNIC
- RALLY
- ORGANIZE
- HOLIDAY
- VACATION
- BARBEQUE
- STRIKE
- MONDAY
- RIGHT
- WAGES
- WEEKEND
- SEPTEMBER
- PARTY
- MOVEMENT



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Shipley Singles
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Singles Breakfast Gatherings
are at a chosen restaurant on the 2nd Tuesday of each month.
Call Bobbie Dahm at 360-477-0019
for information and to sign up.

Singles Lunch Gatherings
are at a chosen restaurant on the 3rd Wednesday of each month.
Call Robert Drews at 360-670-9008
for information.

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Veronica L. Peterson, PhD
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VLainePeterson@gmail.com



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SHIPLEY CENTER HEALTHY U

Please join us for this speaker's platform providing information on how to maintain our health and fitness as we grow older. We currently have two presenters.

Crystal Rodman, RN

Presents:

Living Well as We Age

2nd Thursday at 9:30

In our Front Room

Thursday, September 10: *The Foundations of Staying Independent: stay strong, stay home, stay in control.*

The real reason people lose independence and how to prevent it.

Crystal is Chief Care Navigator for Unity Path Health Navigation Partners. She joins us at Shipley Center to educate and

Sherryl Chandley-Brown

Presents:

Separating Brain Myths from Brain Facts

3rd Thursday at 10:00

In our Front Room

Thursday, September 17: *Novelty, Curiosity and the Brain*

Novelty and curiosity play an important role in keeping the brain active, engaged and adaptable. Come experience this interactive workshop which explores cognitive and emotional vitality as we age.

Sherryl is a Board Certified Integrative Nutrition Health Coach

She joins us to educate us on how the brain changes with age and what actually helps.



Exercise is fun!

We do low-impact aerobic exercise designed to support your balance and core.

Class begins with 10 minutes of "Barb Paschal's Words of Wisdom", then 30 minutes of aerobics.

We end with 20 minutes of stretching.

It's fun and easy. Bring a yoga mat and your best jokes to the Front Room on Wednesdays at 10:00 and Thursdays at 11:30. (NO meeting on the 2nd Thursday)

You're invited to BOOK CLUB

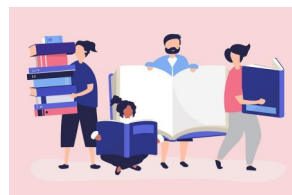
Led by Richard Quinnell

Join in and read one common book per month* and enjoy lively discussion with other members.

4th Tuesday

12:30-1:30

In our Art Room



September's Book: "The Exiles"

by Christina Baker Kline

Become a Proud MGM Club Member!

Together, our **M**embers **G**iving **M**onthly donors provide over \$1500 a month, or over \$18,000 per year, in support of Shipley Center's mission to serve seniors.

You can join them in making a real difference in an affordable way!

How much? Some donors decide to give \$30 per month, or a dollar a day. Gifts range from \$10 to \$250 per month. Please let us know what amount works for you.

How do I join?

To join the "MGM Club", just call or visit with Executive Director, Michael Smith, or get an MGM Club enrollment card at the front desk. **Your faithful support is truly appreciated.**

\$\$\$Shipley Investing Class\$\$\$

The Investing Class meets twice a month on the 2nd and 4th Wednesdays at 10 am in the Art Room.

Come join us to learn about economic and financial news, and long term diversified investment strategies suitable for your age, risk tolerance, and investment objectives.

If you have questions, call Rich Snow at 360-710-6899.

Thank you for supporting Shipley Center.

OUR MISSION

***Helping adults thrive through social,
health and fitness activities and
lifelong learning.***

SHIPLEY CENTER HOURS

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

STAFF

<i>Michael M. Smith</i>	<i>Executive Director</i>
<i>Theresa Fox</i>	<i>Office Manager</i>
<i>Deb Hudson</i>	<i>Member Services Director</i>
<i>Reba Renner</i>	<i>Program Director</i>
<i>Debbie Patterson</i>	<i>Trips Coordinator</i>
<i>Kathryn Kitts</i>	<i>Chef</i>
<i>Gayle Urban</i>	<i>Bookkeeper</i>
<i>Duane Cobb</i>	<i>Maintenance</i>

OFFICE VOLUNTEERS CAFÉ VOLUNTEERS EVENTS

Elaine Churchill	Elaine Churchill	Babbette Barton
Cindy Crossman	Melinda Dewey	Theresa Fox
Sandie Kiehl	Susan Geritz	Beth Hemple
Nancy Madison	Cindy Grey	Sandie Kiehl
Brenda Peck	Karen Hanson	Theresa Nasmith
Becky Skilling	Susan Hunt	Debbie Patterson
Linda Strohm	Renee Millar	Carolyn Pittenger
	Steve Romberg	Linda Plenert
		Pat Snyder
		Linda Strohm

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

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**SHIPLEY CENTER IS SEEKING
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Please see Theresa Fox at the Front Desk
 If you are interested in applying for a position.

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Please see Theresa Fox in the Front Office
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***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.***

VOLUNTEERS

Please record your hours in
 the office.
 Not only do we want to
 celebrate your service to
 Shipley Center, this is
 important for our status as
 a non-profit organization.



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

Travel Desk: (360) 683-5883
Office Hours: M-F, 9 am to 1 pm
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The Center News Sneak Peek...

SAFETY FIRST: p.1

Save the Dates: p.1

Leo's Café News: Volunteer Thanks! p.3

Michael's Message: National Senior Center Month p.5

Calendar Packed with Activities: pp.10-11

Spotlight on: Jean and Jerry Christensen pp.12-13

Puzzles and Fun: p.15

Trips and Tours: See Green Insert!

Sequim Senior Services, doing business as:

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Shipley Center Trips

360-683-5883

Trips hours: 9:00 – 1:00 Monday – Friday trips@shipleycenter.org

Where did the summer go? Seems like we were just getting used to longer days, enjoying barbecues and fireworks! Well, this month, we say goodbye to Summer and hello to Fall! Besides Labor Day on the 7th, there are some fun days in September: International Chocolate Day on the 13th, International Talk Like a Pirate Day on the 19th, and National Pecan Cookie Day on the 21st. And just for fun, September 28th is Ask a Stupid Question Day . . . ask silly things without worry! Let's take advantage of whatever day strikes your fancy and get on the Shipley Bus for a fun trip!

Emerald Downs, Saturday, September 5th – We haven't done this trip in a long time! Live thoroughbred racing, great food, and a wonderful view of Mt Rainier. New to horse racing? The friendly staff at the education booth will teach you what it's all about. There is the ***Rainier Restaurant*** for lunch, or try out the concession stands for grab-and-eat choices. There is also a casino! Be sure to call, email, or drop by the office to sign up!

Departs TBD to approx. 5:30

\$77/M\$82/NM

Issaquah, Jakob Two Trees Troll Viewing and Lunch, Thursday, September 17th -- We will be going "troll hunting" with our driver Margie and will meet Jakob Two Trees, another amazing creation of Danish sculpture artist, Thomas Dambo. We will be stopping for lunch (on your own) before heading home. (This has been postponed from August due to scheduling difficulties.)

Departs TBD to approx. 4:30

\$72/M\$77/NM

Portland, OR, September 21st – 24th – Fabulous Falls and River Cruisin' – Multnomah Falls, lunch at the lodge, tour of Powell's Bookstore in Portland, lunch cruise on the *Portland Spirit*, Titanic Exhibit at Oregon Museum of Science and Industry, 3 nights, 4 days at the Oxford Suites, Jantzen Beach. Your hotel, museum tickets, and lunch cruise fare are included in the price. And there also might be time for a stop at Voodoo Donuts! (This trip has been postponed from July.)

Departs TBD

\$490dbl/\$720sng

Silverdale Shopping, Tuesday, September 29th – Debra will be taking us to all of the usual places - Target, the Kitsap Mall, and of course Trader Joe's! Lunch (on your own) will be at the Olive Garden after your shopping spree. This is a good time to get some early Christmas shopping done!

Departs 9:30am to approx. 4:00pm

\$38M/\$\$43N/M

Clearwater Casino: Schedule for: Sept. 15th, Oct. 20th, and Nov. 17th – The casino is always on the third Tuesday of each month. Debra will take everyone to the Clearwater Casino for a day of gaming, socializing and lunch! But we need at least 10 people to go!!! Call your friends and family, and let me know each month how many will be going. I will be calling you and others who have joined us in the past at the casino, just as a reminder.

Departs 9:00 to approx. 4:00 pm.

\$15 per person

Chemainus Dinner/Theatre Featuring "Peril in the Alps," an Agatha Christie Mystery, October 13–15 (date change) – Two nights, three days in beautiful Chemainus BC where you will stay at the Best Western Hotel and attend the Chemainus Theatre presentation of "Peril in the Alps", an Agatha Christie mystery featuring Hercule Poirot and Captain Hastings as they tackle a kidnapping case, and a second, seemingly unrelated disappearance, that may be connected. London, Paris and the Alps all blend Christie's signature tight-knit suspects with the frolicsome, fast paced style reminiscent of *The 39 Steps* and *The Hound of the Baskervilles*.

Departs TBD

\$730dbl/\$920sngl

LOOK FORWARD TO:

Pt. Defiance Zoo Troll Hunt – October 22nd – We'll be finding the first 8 of Thomas Dambo's Trolls: A Field Study while walking through the wonders of the Zoo!

Heronswood Gardens Fall Landscape – October 25th – A great way to appreciate the beauty of fall through the efforts of the Port Gamble S'Klallam Foundation.

Northwest Trek Troll Hunt – November 5th – The last of the Dambo Trolls will be waiting to be found!

Port Gamble High Tea – TBA – We will be joining Janelle as she takes us to this quaint Washington town for High Tea at the Dahlia Cove Studios. Guests are encouraged to dress up as if they were going to a real British High Tea, so feel free to put on your finery and enjoy the many goodies that will be provided!

Seattle Aquarium – November – John and Rose Sebastian will be taking us to the Aquarium, which we haven't been to in a long time! With so so many new exhibits, it's bigger and better than ever!

Watch your green sheets in our monthly newsletter to get the exact dates and prices for these exciting excursions!

IMPORTANT INFORMATION

You may have noticed there is a change in our parking situation out in the grassy area where we usually park our cars when on trips. Please park on the right side, where the orange cones are.

*We now have a **NO COFFEE OR SODA** policy on the bus due to the difficulty of cleaning spilled drinks after trips. We will try to remind you of this when we call with confirmation of departure time.*

A few days before each trip, we call to confirm the time of departure. If there is no answer, we leave a message. Please check your voicemails before the trip! (We do our best to contact everyone, but sometimes a message has to be left.) Due to changes in departure times because of traffic etc. I will no longer put an exact time on the green sheet.

Due to the rising cost of gas, ferry prices, added taxes and fees on hotels, museums, etc., the final cost of all trips has increased. I'll continue to keep them as reasonable as possible. Thank you for your understanding.

NEW: Starting this month, when you call or drop by to sign up for a trip, I will need a deposit or full amount of the trip in order to put your name on the list. Until payment is received, your name will be on the waiting list. Thank you!

See you on the Shipley Bus!

Debbie