



THE CENTER NEWS

A Monthly Publication of Shipley Center - March 2022

ST. PATRICK'S DAY SPECIAL!

LEO'S CAFÉ is offering a St. Patrick's day lunch special for the **entire week** of March 14 through March 18. 9:00am – 2:00pm.

The special will include: corned beef, cabbage, carrots, and a roll.

The lunch will be priced at \$10.00 +tax. While supplies last!

Dine-in or Take-out is available!
CALL 360-683-6806 to pre-order!



 **Happy** 
St. Patrick's Day!

Knitting Group Helps Kurt With Search!



We are very proud of our Café Manager Kurt Engel, who is part of Clallam County's Volunteer Search and Rescue Team. In an emergency, Kurt, a Navy Veteran, is approved to take leave to participate in Search and Rescue operations, including the successful February search for Mr. Isaac Rivas, who was found alive after four days out in the elements after a fall.

We are also very happy and proud to recognize our highly skilled knitters who made yellow hats for the Search and Rescue unit.

Left to Right, Sue Bernal, Jane Harbers, Kurt Engel, Beth Culhane, and Marion Rutledge, show off bright yellow hats knitted for Kurt and his fellow Search and Rescue Team members.

News & Notes

Beth Barrett, Trips & Tours Coordinator



Shipley Center Trips: 360-683-5883

trips@shipleycenter.org



Are you feeling “spring-ish” yet? I am ready for more blue skies than grey, fresh, bright flowers rather than mud. . . Yessss . . . bring it on!

Thank you all for your suggestions for Shipley Trips! Many of you would like to go to museums; a popular request being the National Nordic Museum in Seattle. I would love to visit there, also, and want you to know it is on our list, along with Pike Place Market, IKEA, Tacoma museums and several other destinations. Please know I hear you and hope to get you to some of those places.

Seaside/Tillamook Tour, May 24-27. We will stay at the Best Western Plus for three nights, taking day trips to Tillamook, visiting a few creameries and the Tillamook Air Museum, located at a former US Navy Air Station. The museum is housed in what used to be a blimp hangar. It is a great place to visit! This trip is about full, but I will keep a “wait list” in case someone changes their mind at the last minute! **Dbi Room: \$400 pp: Single Room: \$670 pp.** *Meals and Museum admission are NOT included in the price*

Please note our day trips listed below. If you are interested, I suggest calling right away to reserve a spot. It is best to call my office, 360-683-5883, and leave a message, or email trips@shipleycenter.org.

Tuesday, March 15: Molbak’s Garden + Home Nursery, Woodinville: It’s amazing how you can spend hours exploring this wonderful store! Molbak’s is a fabulous nursery, but it is WAY more than that...so much fun as we creep into springtime! Enjoy a wonderful lunch in the store at their on-site **Garden Café**, or across the street at **Panera Bread**, on your own. *We will see about a Trader Joe’s stop on the way home.*

Departs 8:00 a.m. Est. Return 6:00 p.m

\$46 M/ \$50 NM

Monday, March 21: We are heading over to **Clearwater Casino!** Join the fun; you deserve to get away for a day! Give it a try . . . give me a call to reserve your seat. Don will be the driver, so hop on board! **PLEASE, reserve NOW!**

9:00 a.m. to about 4:00

\$15 Per person

Thursday, April 14: Museum of Flight – Seattle! This Museum has one of the largest and most comprehensive air and space collections in the United States, containing millions of rare photographs and negatives, a world-class library, tens of thousands of artifacts, and over 150 rare aircraft and space vehicles. We will schedule a docent tour, but you will have time on your own as well. Lunch (on your own) at the museum café, or bring a lunch. Ask for the “**Wings Café**” menu when you sign up.

****MUST SHOW PROOF OF VACCINATION at Museum****

Departs 8:05 a.m. Est. Return 6:15 p.m.

Reserve by March 31

\$74 M/ \$79 NM

Monday, April 18: Once again, our fun driver, Don, will be taking you over to **Clearwater Casino!** Please join us; it’s nice to get away for the day! Give it a try. Call to save your spot. Hop on board! **PLEASE, reserve NOW!**

Departs 9:00 a.m. Est ret: 4:00

\$15 Per person

Continued on page 3

Continued from page 2

Wednesday, April 20, Tulip Festival, Skagit Valley:

Bring your camera! Take a look at the remarkably beautiful tulip fields! We will visit both RoozenGaarde and Tulip Town as we always do (entrance fees included). Tulip Town has been open to the public for 38 years! In order to save time and allow us to visit both gardens, we will be skipping a lunch stop. You can choose to either bring your own lunch, (ask me about a Shipley Box Lunch) or enjoy one of the food vendor options at either garden (on your own). Food options vary...

This one fills up fast, so call now!

Departs 8 a.m. Est. Return 6 p.m. \$74 for M /\$79 NM



When you go on a trip in our Shipley bus, please know you **must wear a mask while on the bus**. Depending on where we are going, you might be able to remove the mask. If we are going indoors, you will probably have to keep it on, but outdoors, possibly not. Each trip could be a different situation. Please be patient as we all are going through the continually changing rules. Some venues, such as the *Museum of Flight*, require a *Proof of Vaccination* card at this time.

If you have been sick, have been coughing, feverish, or ill in any way, or if you have been around someone positive for Covid, do **NOT** get on the bus.

Cranberry Coast: This is a trip to the Washington coast to visit the *Northwest Carriage Museum*, *World Kite Museum* and the *Cranberry Bog*. I am working on this! I will be shooting for September or October on this trip, so stay tuned for more info! Several of you have already signed up! There is still room, so call and let me know if you are interested! Please leave a message; **360-683-5883**.

Did you miss our presentation in January for **Nashville, Blue Mountains and Bluegrass**, planned for September 28? Let me know if you are interested and I will get the information to you.

We also have several of you going on the **Rome and the Country Roads of Tuscany** tour. There is still time to sign up! I can send you info on that trip too, which is scheduled for an October 25 departure. Both of these tours are with Premier World Discovery.

Hope to hear from you soon...let's get you traveling again!

~Beth~





ATTENTION, SHOPPERS & VENDORS
SPRING FLING BAZAAR IS COMING!
 COME TO OUR FANTASTIC *SPRING FLING BAZAAR*
 FOR GREAT GIFTS!

DATE: Saturday, April 23rd
TIME: 9:00 am-3:00 pm
SET-UP: Friday, April 22nd, 12:00 to 4:00 pm

Box lunches will be available for purchase from Leo's Café.

Vendors: Forms are in the office waiting for you to fill out starting March 1st.
 For more information, call Shamyia Waters, 360-683-6806, after 9:00 am or email
 assistant@shipleycenter.org





Leo's Café Menu

Monday-Friday 9:00 am-2 pm

Dine in or take out! 360-683-6806

See Leo's Café menu, photos, item descriptions,
& ordering website: leos.cafe or use QR code here:



Beef Cheeseburger	\$8.50
El Diablo Spicy Burger	\$8.50
Salmon Burger	\$9.00
BLT	\$7.50
Grilled Reuben	\$9.50
Chicken Salad Sandwich	\$8.00
Tuna Salad Sandwich	\$8.00
“Russ Fish” Tuna Melt	\$8.50
Crustless Veggie Quiche	\$6.00
PB&J	\$4.00
Soup and Salad	\$6.00
Breakfast Burrito	\$6.95
Biscuits & Gravy Breakfast	\$6.50
Sausage, Egg, & Cheese Muffin	\$4.00
Breakfast Scramble	\$6.50
Belgian Waffle	\$4.50
Veggie Quiche Breakfast	\$6.00
“Haystack” Breakfast	\$5.50



Sides:

Soup Cup \$4.00, Bowl \$5.00 Side Salad \$2.00, Entrée size \$4.00
Scrambled Egg \$1.00 Bacon \$1.00 Hash Browns \$2.00 Biscuit \$.75
1 Piece of Toast \$.50 Turkey Sausage \$1.00 Sausage Gravy \$1.00
Cottage Cheese \$1.50 & Peaches \$.50 Chips \$.50 Sundae \$1.50
Blondie \$2.00 Chocolate Brownie \$2.00 Scoop of Ice Cream \$1.00

Drinks: *Sodas \$1.00 Keurig Coffee/Hot Cocoa \$1.50*



Spring . . . Planting Seeds of Invention!

BY MICHAEL SMITH, EXECUTIVE DIRECTOR

Have *you* ever invented anything? Did you get a patent for it? If you did, give me a call! We'd love to meet and interview a real inventor in our midst!

This month's article features a list of people who patented things in March. As spring brings new life to the landscape around us, perhaps thinking a bit about creative people and their inventions will motivate *us* to be creative in new ways, at home, at Shipley Center and in our community!

Inventors were often restless people, people who wanted to make a difference, make their mark, and improve lives in one way or another with their inventions. They also had to be persistent people, as they often experienced many failures before coming across their "winner" of an idea.



MARCH INVENTIONS OF NOTE

March 1, 2021: Magician and showman, Harry Houdini, was granted a patent for a diver's suit.

March 2, 1861: Patent protection was increased from 14 to 17 years by the *Patent Act of 1861*.

Today a patent protects your idea for a full 20 years!

March 3, 1821: The first African-American to receive a patent, Thomas Jennings, patented his method for "dry scouring of clothes". Today we know his invention as *Dry Cleaning*.

March 4, 1955: The first *FAX* or *radio facsimile transmission*, was sent across the USA.

March 5, 1963: Arthur K. Melin received a patent for his hoop toy, later known as the *Hula-Hoop*.

March 6, 1899: Felix Hoffmann patented aspirin, which was developed from salicin, a compound found in willow plants.

March 7, 1876: Alexander Graham Bell patented the first working telephone.

March 10, 1862: The first US paper money was issued. Since everyone used silver one-dollar coins, the original denominations for paper money were \$5, \$10, and \$20.

March 13, 1944: While not an invention, Abbott and Costello felt it was important to copyright their *Who's on First* baseball comedy routine on this date.

March 14, 1794: Eli Whitney was granted a patent for the cotton gin, a patent that was encroached upon by others, causing him to not make much money from it.

March 17, 1845: The first rubber band was patented by Stephen Perry of London.

March 22, 1960: Arthur L. Schawlow and Charles H. Townes patented the laser.

Are you inspired by these individuals? And the wide range of possibilities?

Sequim is full of such diverse people, some who bring their varied backgrounds and expertise to Shipley Center as volunteers. They usually don't let on to what they did before coming to Sequim, so it is interesting to ask people about their personal histories. I am always curious to find out more about the fascinating people Margaret Cox interviews for her monthly *Spotlight* article. So many experiences! So many perspectives on life and the world!

As we emerge from the pandemic, as the days lengthen, let's get our creative selves going with great inventive ideas for how to spend our time and our lives going forward!

Michael

Line Dancing on Fridays

10:30am- 12pm Low Intermediate
 12:30-2:00- Beginner Line Dancing
 \$2 for Members / \$4 for Non-Members
 Class size limit of 22.



Adult Beginning Tap

Thursdays from 11:00am-12:00
 Members \$3, Non-members \$6
TAP DANCE Flat-heeled tap shoes or
 hard-soled shoes are recommended.

Questions: contact Sandi Lazzaro 360-809-3390

**Have YOU tried
 YOGA?**

EZ Yoga-Fridays at noon



**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.

TAI CHI

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



We are looking for new scrabble players. Anyone
 interested, please call the office.



**Fiber Arts
 Tuesdays at 10am
 Front Room**

Mahjonn

If you already know how to play
 Mahjonn please join us
 Wednesday 1pm-4pm.
 If you would like to learn how to play,
 please call Diane Whitaker directly at 360-683-4945.



**HOOKED ON FISHING?
 Interest Group
 for "REEL FISHERMEN".**



The focus of the group is to share
 valuable fishing information and build
 comradery. The Washington
 Department of Fish and Wildlife
 (WDFW) is constantly evolving with
 changes to rules and regulations
 related to fresh and saltwater. The WDFW Sometimes
 makes Emergency Rule changes that provide short notice
 to anglers.

Whether you are a novice or have decades of experience,
 the exchange of tips and techniques for safety and
 catching your limit while learning from others can be
 educational and enjoyable. Discussing the use of lures
 vs: bait as well as tackle selection can be an opportunity
 for learning the How To's.

Plans are being made for nearby future group outings for
 Salmon, Steelhead and Halibut. Additional inputs for trips
 are welcomed.

What would you like to see and do?
 Contact Shipley Center to be put on the Interest List or
 Call John Christian - 360-775-4514 - 10AM - 4PM.
 NO Texts please.

NEW SEWING CLASS

No Fee class led by Judy Lange!
 Thursdays 9:30a-12p
 Items made during class time will go to the
 Shipley Center gift shop. Help and advice will be
 available for personal sewing projects as well.



WANT TO LEARN JAPANESE?

We are starting an interest list for those who
 would like to learn about pronunciation,
 grammar, and conversation.
 Call 683-6806 to get on the list.



**Upcoming categories:
 Board Games, 1918 Events
 South Korea, Songs of 1970-71
 Math Jokes, and MORE!
 Hosted by Michael Smith
 THURSDAY March 10,
 at 3pm at the Center!**

FOOTCARE OPEN!

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



Footcare Days:
Tues, Wed, Thurs
Hours:
8:30am –3:30pm
Location:
ShIPLEY Center

Please call Rhonda to make an appointment!

- ◆ **Certified by WA Dept. of Health**
- ◆ **Pedicures**
- ◆ **Manicures**
- ◆ **Hand or Foot Massage**



OFFICE of the
INSURANCE
COMMISSIONER
WASHINGTON STATE

Ever wish you could get truly unbiased MEDICARE advice?

When it comes to Medicare parts A, B, and prescription drug coverages under part D, the people from SHIBA are the ones to see.

SHIBA stands for State Health Insurance Benefit Advisors. These volunteers are trained by the Washington State Insurance Commissioner’s consumer protection office. They have no policies to sell—they just give honest advice. They can answer questions about policies, benefits, claims, co-pays and more.

If you are 64 and about to become eligible, they can help you know how to get signed up with Medicare on time for your 65th birthday, so you don’t miss any coverage! If you decide you need and want to purchase anything, you can do it online, or through a local insurance agency of your choosing after you leave your SHIBA consultation.

To speak to a SHIBA representative call 1-800-562-6900. **Or, to get in-person help, you can come to Shipley Center on the first or third Tuesday of a month.** First come, first served, beginning at 10:00am, closing at noon.

If inquiring regarding drug coverage, bring your medications or an accurate list of them. All SHIBA volunteers are vaccinated, and all who come in are asked to wear a mask.



MONDAY NIGHT IS STEAK NIGHT!

Every Monday night, from 4pm to 6pm,

Kurt will be firing up the grill at LEO’S CAFÉ! \$13.50 includes:

- *8-ounce NY Strip Steak
- *Loaded baked potato
- *Side salad
- *Soda or water

Limited availability; reservations required!

360-683-6806

Find the Hidden Object

Somewhere in this month’s issue is a picture of a frog. It could be anywhere in the issue.



Once you spot the object, email your name, phone number and the location (page number) to assistant@shipleycenter.org. Or you can come into the Office and fill out a form and turn it in by the 15th of each month. A winner will be drawn from all correct answers. You can win \$4 off at *The Café* or \$4 in Activity Bucks.

Each month, we will be hiding a different object or animal. **Good Luck!**

30-Minute Massage available at Shipley Center.



Kate Danta H.H.P. Certified Massage Therapist

\$35 for Shipley Members
\$40 for non-members

Call Kate directly

858-437-2102
(Back, Neck and arms, no disrobing required)

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!!!

These donations go towards our operating costs, which helps us keep dues and activity fees low. Some donors are doing a dollar a day, which is \$30 per month. Some are doing \$50 or even \$100 per month.

You can become a \$100 **MGM** donor at our new lower minimum of just \$8.34 per month! For more information about **MGM** please call Michael Smith at 360-683-6806



- | | | |
|--|---|--|
| 1 Susie Ormbrek
Cynthia Edel
Rene Rodgers | 12 Clare Hatler
Marilyn Quinn
Linda Ogden | 22 Robert Nagy
Renee L Meyer
Susan Geritz
Tim Berta
Melba Nerida
Denise Eaton |
| 2 Orland Russell
Jerry Fowler
Marcia Homer | 13 Maria Piazza
Janice Rozanski
Frederic Robinson
Laura Olvera
Jane Felland
Dale Hackney
Amber Leary | 23 Dick Rapasky
Roger Maes
Linda Townsley
Beth Culhane
Dede Juliussen |
| 3 Sharon A. Clark
Lois Reed | 14 James Mann
Larry Kahle
Janis Olts | 24 Rita McCabe
Lynda Moynihan
Scott Adler
Marianne Duvo |
| 4 Rena (Roelah) Blank
Sue Pechina
Patricia Gibson
Bertha Jones
Catherine Venator
Donald Benbow
Greg Clark
Lilias Melinda Walton | 15 Dorothy Wilson-Hutt | 25 Roberta Sherrod
Lorri Gilchrist
Jim Westmoreland |
| 5 Lora Bergren
Joseph Ciarlo
Elizabeth Smith | 16 Carl Allen
Michael Siegel
Grace Lambert | 26 Ann Waldron
Linda Agostini |
| 6 Jeanne Marie Truskin
Patrick L Dillon
Dale Rodger
Thomas Sallee
Ralph Durham
Bruce Wooley
Carol Yada | 17 Patricia Fogard
Donald Boren
Janice Canale | 27 Nancy Bolon
Torben Blichfeld
Lacy Hennessey
Coletta Hussey |
| 7 Elizabeth Archer
Patricia Coughlin-Mawson | 18 Pat Bohn
Albert Burge
Betty Saviano
Diane Fisk
Bill Sullivan
Glenn Patterson | 28 Ingrid Lehrer
Brenda Mosler
Thomas Mitchell
Eva Kozun |
| 8 Margaret Lajambe
Richard Dietz
Randall Radock
Helen Riley
Cathy Magnusen
Charles Magnusen
Renee Millar | 19 Dave Small
Maria Grotjan
Johnny R. Renfroe
Nancy Thomson | 29 William Barger
Cheryl Kangas
Susan Pittman
Barb Dahms |
| 9 Francine Counihan
Katherine Constable
Ryoko Toyama
Alice Barnett
William C. Ledbetter
Gary Barber | 20 Delmarie Fieldhammer
Regina Hart
Loretta Baughman
Robert Medsker
Carol Dries
Joann Garner
Wendy Meusey
Brian Grad | 30 Richard Godsey
Jean Epps
William Lang
Constance Butcher |
| 10 Joseph A. Chiarella
Anna Marie Lovett
Kirsten Ruhl
Jane Millet | 21 Margie Jaedicke
Joan Hermanson
Mary Ellen Reed
Susie Metzger
Kirstine Bennett
Nancy Isaacson
Judy Collins
Nancy Booth | 31 Beverly Dawson
Diane Drucker
Patt McCleary
Debbie Eustice |
| 11 Victoria Lincoln
Sue West | | |



Community Announcements

Foot Notes

By Rhonda Huchonson

Over the years, many of my foot care clients have been diagnosed with peripheral neuropathy or small fiber neuropathy. PN can affect the hands and feet and is a term for abnormal nerves in limbs.



It is not uncommon to experience sensations of tingling, burning, freezing, and or numbness in areas of your hands and feet. These sensations make it difficult for some clients to relax during foot care, as touch can be very irritating and sometimes just downright painful.

Here are a few suggestions to try at home that may alleviate some of the symptoms temporarily.

Get the circulation going in your feet and hands. Try rubbing a little Icy Hot or BenGay ointment on the affected areas of the feet. (Be sure to wash your hands thoroughly after applying.)

Soak your feet in a warm Epsom salt bath and book a foot massage. Massage your hands or make an appointment for a hand massage.

Get yourself a plug-in foot massage device to use at home and use it on a regular basis.

Remember, getting the circulation going and wearing properly fitting shoes are most important.

I look forward to serving you. **360-477-6262**

Wishing you good health & happiness.
Rhonda



WOW! WORKING ON WELLNESS

2:00 PM – 3:00 PM
Wednesday, March 9, 2022

KSQM FM Radio Station 91.5 FM
“A Meditation Practice for Your Wellness”
Shelley Stratton, RN

HELP WANTED

Leo’s Café here at Shipley Center urgently needs volunteer servers!

As a thank you, for each day you volunteer, you can receive a free lunch!

Please call the Center or speak to Kurt in Leo’s Café.

Alzheimer’s Caregiver Support Group meets via ZOOM. Call Judy Briley for more info. 989-255-8399

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 for quite awhile, but it is always better to be prepared!

If the Sequim School District declares **NO SCHOOL**, then the 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.

SCHOOL DISTRICT CLOSURE INFO CAN BE FOUND ON:

www.sequimschools.org



FM Radio
KSQM 91.5
KIRO 93.1
KMPS 94.1

AM Radio
KONP 1450
KIRO 710
KOMO 1000
KVI 570

TV
KOMO 4
KING 5
KIRO 7
Q13FOX

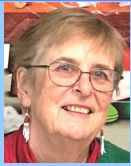


MARCH 2022 – WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
	<p>1 10am– Tai Chi 10am-Fiber Arts 10am-SHIBA 11:30am-Cribbage 1pm– Ping Pong 1pm– Advanced Care Planning</p>	<p>2 9am-Balance Exercise 9am– Water Media Drop-In 10:15am– Diabetes Support Group 12:30pm-Bridge 1pm– Mah Jongg 2:30pm- Language Class</p>	<p>3 11am-Beg. Tap 12pm-Bingo 1pm– Beginning Watercolor</p>	<p>4 9am-Balance Exercise 9:30am– Basic Meditation (Zoom) 10:30am– Line Dancing (Advanced) 12p-EZ Yoga 12:30p– Line Dancing (Beginner)</p>
<p>7 9am- Balance Exercise 1pm-Ukulele</p>	<p>8 10am– Tai Chi 10am-Fiber Arts 11:30am-Cribbage 1pm– Ping Pong</p>	<p>9 9am-Balance Exercise 9am– Water Media Drop-In 12:30pm-Bridge 1pm– Mah Jongg 2:30pm- Language Class</p>	<p>10 9:30am– Sewing Class 11am-Beg. Tap 12pm-Bingo 1pm– Beginning Watercolor 3pm– Jeopardy w/ Michael Smith</p>	<p>11 9am-Balance Exercise 9:30am– Basic Meditation (Zoom) 10:30am– Line Dancing (Advanced) 12p-EZ Yoga 12:30p– Line Dancing (Beginner)</p>
<p>14 9am- Balance Exercise 1pm-Ukulele</p> <p>St. Patrick’s Day Café Lunch Special</p>	<p>15 10am– Tai Chi 10am-Fiber Arts 10am-SHIBA 11:30am-Cribbage 1pm– Ping Pong</p> <p>St. Patrick’s Day Café Lunch Special</p>	<p>16 9am-Balance Exercise 9am– Water Media Drop-In 12:30pm-Bridge 1pm– Mah Jongg 2:30pm- Language Class</p> <p>St. Patrick’s Day Café Lunch Special</p>	<p>17 9:30am– Sewing Class 11am-Beg. Tap 12pm-Bingo 1pm– Beginning Watercolor 2pm Board Meeting</p> <p>St. Patrick’s Day Café Lunch Special</p>	<p>18 9am-Balance Exercise 9:30am– Basic Meditation (Zoom) 10:30am– Line Dancing (Advanced) 12p-EZ Yoga 12:30p– Line Dancing (Beginner)</p> <p>St. Patrick’s Day Café Lunch</p>

MARCH 2022 – WEEKLY ACTIVITIES

MON	TUE	WED	THUR	FRI
<p>21 9am- Balance Exercise 1pm-Ukulele</p>	<p>22 10am– Tai Chi 10am-Fiber Arts 11:30am-Cribbage 1pm– Ping Pong</p>	<p>23 9am-Balance Exercise 9am– Water Media Drop-In 12:30pm-Bridge 1pm– Mah Jongg 2:30pm- Language Class</p>	<p>24 11am-Beg. Tap 12pm-Bingo 1pm– Beginning Watercolor</p>	<p>25 9am-Balance Exercise 9:30am– Basic Meditation (Zoom) 10:30am– Line Dancing (Advanced) 12p-EZ Yoga 12:30p– Line Dancing (Beginner)</p>
<p>28 9am- Balance Exercise 1pm-Ukulele</p>	<p>29 10am– Tai Chi 10am-Fiber Arts 11:30am-Cribbage 1pm– Ping Pong</p>	<p>30 9am-Balance Exercise 9am– Water Media Drop-In 12:30pm-Bridge 1pm– Mah Jongg 2:30pm- Language Class</p>	<p>31 11am-Beg. Tap 12pm-Bingo 1pm– Beginning Watercolor</p>	
<p><u>Saturday</u> <u>March 5-Strait Wheelers-Line Dancing</u> <u>March 12-Bridge -6:30pm</u> <u>March 26-Bridge-6:30pm</u></p>	<p>Accordion Socials 2022 Future Dates: • March 13 • May 15 • July 10 • Sept 11 • Nov 13</p>		 <p>The monthly Diabetes support group will be meeting in person on the first Wednesday of the month! Come to the Shipley Center main room from 10:15-11:15 AM.</p>	



Spotlight on . . . Tom Marshall

By Margaret Cox

“You’re gonna need a crowbar to get much information outta me,” was the caveat given to me, after Tom Marshall agreed to be interviewed for this month’s “Spotlight”. With that as a starter, I wondered how this whole interview-thing would go. When you finish reading about Tom, I’ll let you determine how much leverage I had to use!

Tom was born in Midland, Michigan, the eldest of five children, followed by three sisters, and a brother bringing up the rear. The siblings have the distinction of all being born in November! What a month of birthday parties that must have been as they were growing up!

At age 18, Tom’s brother died of leukemia, but not without a fight which included Tom. At that time, bone marrow transplants were something new, but Tom agreed to be the donor in the experimental procedure which, unfortunately was not successful. He says, “If it were to be done today, it is likely he would have survived.”

When Tom was seven, his dad’s job took the family to Sacramento, CA, where Tom went to school and graduated from high school. Originally, his goal was to become a veterinarian; but after witnessing the deaths of people’s pets, he decided that he could not handle the sorrow; so, his goal changed to becoming a dentist.

Tom was academically focused, and managed to complete his four years of college “to get the requirements out of the way” in TWO! Then it was off to the University of the Pacific School of Dentistry, graduating as a dentist at the age of 23.

Then, it was to basic training in Texas, beginning his dental practice in the Army. He spent “Thirteen long months in Korea,” followed by one year at Ft. Lewis in Tacoma. Tom’s service in the Army “made me appreciate this country more; all that we have here, and what we do for others.”

Back to Sacramento and, for a time, he as Director of a Federally qualified (501c3) Health Clinic in Northern California. Talk about high stress . . . responsible for 126 dentists and hygienists in six counties!

An uplifting side-note from his time in Sacramento is, that Tom and his then-wife, adopted a six-month-old infant who was not expected to do more in life than lie there and be cared for. Just to show you what love, attention, and appropriate education can do, Amber is now an adult living in a group home, involved in various work-experience programs! Not being able to get together the past two years, she and her dad keep in touch with weekly phone calls.

Tom moved to the Lake Tahoe area for 18 years, at which time his aging parents needed his assistance, so he moved into their huge home with acreage up Deer Park Road in Port Angeles.

Not ready to give up practicing dentistry, Tom began living and working four days a week at Neah Bay, Monday to Thursday. His days there, he stayed in a large apartment at the Neah Bay Coast Guard Station. This went on for eleven years, until his parents passed away.

Tom and his siblings lived in the home for a while; then decided to sell. Tom thought Sequim would be a good place for his next move and looked around for a place to buy. Finally, an ad for a vacancy in Shipley Center’s Baywood Village Mobile Home Park caught his attention, and in June, 2021, he moved to Sequim. As he says, “I never thought I’d live in a condo on the Riviera or in a trailer in an RV park; yet, here I am . . . and loving it!” While it used to take him hours to mow the acreage at his parents’ place, it now takes him eight minutes to mow his yard! Remodeling and upgrading the mobile home keep him occupied. Enthusiastically, he says, “I have found my forever home.”



“Spotlight” Continued from page 12

BUT, Tom, ever a person involved in dentistry realized that he was bored, and sitting around wasn't doing him any good. So, he called dental practices in the area, and ended up part-time in Port Hadlock. It started out as one day a week . . . then two . . . then three! Now he's back to 13 hours, two days a week. He loves it, doing the non-stressful part, more like a hygienist. It's the perfect semi-retired situation: a mix of good people, an interesting job, flexible hours, and he can take time off when he needs to.

Tom enjoys hiking in the area, and takes his constant companion, a 5-pound, 2-oz. Maltese dog, Abigail, for two or three walks a day. She also went with him to Neah Bay and now accompanies him to his Port Hadlock dental clinic.

So, how did Tom get involved in Shipley Center?

As part of moving into Baywood Village one has to meet with Shipley Center Executive Director, Michael Smith. After getting the business of Tom's living situation worked out, Michael asked him if he would consider running for a position on the board. After all, his business experience, familiarity with 501c3 non-profits, and working with people made him an ideal Board Director!

Tom considered that now was a good time to begin doing something that helped his community, and agreed to run . . . and on, January 1, 2022, became one of Shipley's newest Board Directors.

Of Shipley Center, Tom says "It's a nice facility with a lot of different opportunities, if people want to take advantage of them." As a member of the New Building Committee, he is eager to see that completed, to add even more activities for Sequim's seniors.

(Well, so much for prying out information with a crowbar! Hope you've enjoyed reading about this interesting guy.)

Thank you, Tom, for being on Shipley's board, helping to guide the Center in what we hope will be a long relationship.

WANTED: NEW ACTIVITY IDEAS!

Shipley Center's goal is to provide educational and fun experiences for all.

Do you have a hobby, skill, game, or idea that you would like to teach or lead out in?

Is there an activity that you would like to participate in that we do not offer?

If so, please call Program Director Shamyia Waters at 360-683-6806, or email her at info@shipleycenter.org with your ideas!

FREE TAX-AIDE SERVICE

IRS-certified AARP TAX-AIDE volunteers will be available again this year to prepare and electronically file tax returns at several sites in the Clallam County area, FREE OF CHARGE.

The TAX-AIDE program is sponsored by the IRS and the AARP Foundation, and is available for low-and-middle-income taxpayers of ALL ages.

Program begins on February 5th, 2022 and ends April 15th, 2022.

You must make an appointment at all locations.

There will be no walk-in services provided.

Shipley Center, 921 East Hammond St., Sequim

Appointment Required. 360-452-6147

Port Angeles Senior Center 328 East 7th Street



LEARN TO PLAY BRIDGE at Shipley Center!

Bridge – Wednesdays 9:00am – 11:00am
 New Series starting April/May of 2022
 \$75 for members / \$95 for non-members
 Please sign up in the office or by calling 683-6806.
 Space is limited. A book will need to be purchased.
 Contact Tim Berta – 360-452-4087
 email jqbookwyrn@gmail.com

This Class is suitable for people who have never previously played bridge; and also for people who would like to brush up their skills.

Tim Berta has been playing bridge since 1968, and teaching bridge since 1992. He was qualified as a Director in 1993, and certified as a Teacher in 1994 by the American Contract Bridge League.
 He does his best to make it fun for everyone.




Join us for Ping Pong Tuesdays at 1pm with activity leader Becky Morgan!

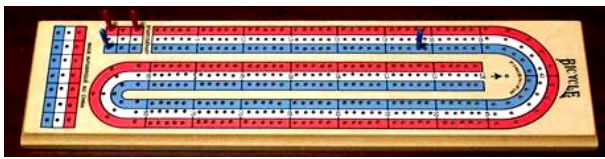
Balance Exercise

Improve strength, endurance, flexibility and prevent falls.

Led by Margaret Cox
 M-W-F 9am





NEW PINOCHLE CLASS
 Led by Lynda Moynihan
 Anyone interested in playing Pinochle please call to sign up 360-683-6806.



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


Watercolor Class is BACK!
 Paint on your own
 Tuesday at 10am for Intermediate or come and join Instructor Myrna Martin on 4 Thursdays Starting March 10 at 1pm for Beginners. Limit: 8students




Bridge
 Wednesdays with Earl Karich from 12:30pm-3:30pm.
 2nd & 4th Saturday Bridge with Diana Smith from 6:30pm-9:00pm
 Call Diana to register 360-775-5126



POKER
 Anyone interested in playing poker Fridays at 1pm, please call 683-6806 to sign up on a interest list.




Game starts at 12pm on Thursdays. Come early to purchase your cards.
 Members \$1/ Non-members \$2
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| DAFFODIL | SHOVEL |
| DIG | SHOWER |
| EARTH | SPRING |
| EGG | SPROUT |
| FLOWER | STEM |
| FOG | STORM |
| GARDEN | SUNSHINE |
| GROW | THAW |
| HATCH | TULIP |
| INSECT | UMBRELLA |
| KITE | VIOLET |
| LEAF | WARM |
| LIAC | WATER |
| MARCH | WEED |
| NEST | WIND |
| PICNIC | WORM |
| PLANT | |

WORD SCRAMBLE

Spring Words

- SBSMLOO _____
- SASRG _____
- NSPUORGIT _____
- EAPTSL _____
- ARNI OTBSO _____
- OQEBUUT _____
- OLIAEPLNT _____
- RCSCOU _____
- UBNZGZI _____
- ENLVRA _____
- LNIGPATN _____
- SUBBL _____



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

When is it impossible to plant flowers?
When you haven't botany.

Why couldn't the little flower ride a bike?
It didn't have any petals.

How do brand-new spring flowers greet each other?
"Hey, bud!"

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


Did you hear about the flower who went on a date with another flower?
It's a budding romance.

What kind of garden does a baker have?
A flour garden.

Why did the gardener plant a seed in the pond?
To grow a water-melon.




See Page 17 for answers to the Word Scramble!



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

Answers to Word Scramble:
Pollinate, Buzzing, Vernal, Planting, Bulbs
Blossom, Grass, Sprouting, Petals, Rain Boots, Bouquet

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Watch Out for Coronavirus Scams

Fraudsters and scam artists are always looking for new ways to prey on consumers. Now they are using the same tactics to take advantage of the consumers' heightened financial and health concerns over the coronavirus pandemic. Federal, state, and local law enforcement have begun issuing warnings on the surge of coronavirus scams and how consumers can protect themselves.

**For the current list of scams,
visit our website
for the full article at:
www.tracywealthmanagement.com**


To learn more, contact us for a complimentary Copy of our Newsletter
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THE CENTER NEWS is published monthly for the Shipley Center, a non-profit organization at 921 E. Hammond St, Sequim. Deadline for articles is the 15th of the month.

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

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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

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Advanced Care Planning meets on the 1st Tuesday of each month at 1pm at Shipley Center. Please call 360-683-6806 to sign up.

Contact Sandy at ACP@olympicmedicalcenter.org or 360 565 9293 for specific questions



Computer Clinic is on hiatus



An order of monks were selling flowers...

illegally on the lawn of the Playboy Mansion, Hugh Hefner's property. Instead of calling the police, however, Hugh decided to spring into action and stop them himself. After an intense argument, the monks agree to leave peacefully. If it had been anybody else they would have gotten away with it; unfortunately for them, only Hugh can prevent florist friars.



Office Phone: (360) 683-6806
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Michael's Message "Spring...Planting Seeds of Invention" p. 4
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 Puzzles and Fun p. 16



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