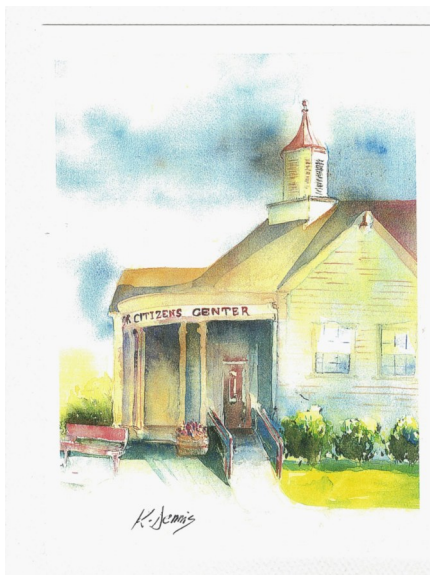




The Senior Center
and
Nutrition Program
are programs of Skagit
County Public Health, in
partnership with the City of
Mount Vernon.

Mon.—Fri. 8am —4pm
1401 Cleveland Ave.
Mount Vernon, WA 98273
360-416-1585

[www.skagitcounty.net/
seniorcenters](http://www.skagitcounty.net/seniorcenters)

Senior Center Coordinator
Kristl Hobbs
kristlh@co.skagit.wa.us
Nutrition Coordinator
Erika Biggers
MVCoordinat-
or@SkagitAging.org

The center does not discriminate
against participants, clients,
volunteers, or employees on the
basis of race, color, creed,
religion, orientation, gender,
iden-
ex-
age



tity or
pression,
or disa-
bilities.

Mount Vernon Senior Center



VOLUNTEERS NEEDED !

**FOR SKAGIT CO FAIR PARKING FUND-
RAISER PARKING CARS THE FAIR
TAKES PLACE AUGUST 6TH-9TH
PLEASE REMEMBER: ALL ACTIVITIES
ARE HAPPENING AS SCHEDULED AND
PARKING IS BY DONATION!!!!!!**

SKAGIT SWINGS BIG BAND Due to summer's busy
schedules, we have had to cancel August and September
dances. We will see everyone again on October 30th for
the Shadows and Swing Dance!!

SKAGIT SENIOR DAY IN THE PARK 2026

Live Music | Free Lunch | Senior Focused Services
August 20th, 2026 10:00 am to 1:30 pm



Building Healthier
Communities

MAIBEN PARK BURLINGTON



Hospice of the Northwest | Country Meadow Village | Northwest Regional Council | Family Resource Home Care | 7 Sisters Homecare
Skagit Regional | Edward Jones | Heartsong Homecare Coop | The Baldwin Group

EXERCISE, FITNESS, AND WELL-BEING

CREATIVE HEALING Tuesdays at 2pm Jan Coffey and Lydia Sterling are offering an amazing opportunity to learn about connecting mind, body, and spirit in healing. Explore alternative and creative healing, Reiki, Healing Touch, Tapping, Acupressure, Chakra Balance, Reflexology, Reconnection, and more.

YOGA FOR EVERY BODY Fun and Gentle-No prior Yoga necessary. Bring your own mat. Fridays at 10am Taught by Pam Granston. Suggested Donation \$10 per class. Chairs also used for more fitness work!

CHAIR YOGA Mondays at 2:45pm and Wednesdays at 1:30pm. Great for Strength and Balance! Donations welcomed!

EXERCISE CLASS!!! Mondays and Fridays at 10am. Low impact cardio and strength, and stretching! Donation. Come check it out!

TAI CHI for STRENGTH AND BALANCE Mondays 1:30pm with Margo Cunningham and Thursdays 9:00am with Camille Drotts These classes are Sun-Style Tai Chi emphasizing learning to connect your mind to your body through movement. Becoming aware of your balance, starting at your feet up to your head making gravity your friend over time.

NORTH CASCADES TAI CHI Sensei/Sifu Larry* Tuesdays 1:15pm Tai Chi Weapons *Tuesdays 2:15pm Traditional Yang, *Wednesdays 2:45pm WuHao, *Thursdays 10:15 Sun Family Style, *Thursdays 11:15am Free open beginner Tai Chi class.



FOOTCARE 3rd Thursday each month. Includes foot soak, file and nail trim, CALL FOR APPT. 360-416-1585. \$40

GAMES / CARDS / TOPICS

CARDS AND GAMES! *Tuesdays at 10am and Fridays at 12:30 pm. Mahjong, Canasta, Hand and Foot. *Wednesdays at 1pm is Mexican Train,

CHESS Wednesdays at 2pm. ALL LEVELS WELCOME

PINOCHLE Meets every Friday at 12:30pm.

BINGO! EVERY Monday EXCEPT THE 3RD MONDAY at 1pm. 5\$ for 5 cards.

IMPROV GROUP 3rd Sunday monthly at 1-3:30pm. Improv is a fun way to play as an adult! NO ACTING OR PERFORMING! Improv helps with creativity, spontaneity, and collaborative skills. Taught by Jeff Smith and Margo Cunningham.

Donations welcome.

WRITER'S GROUP For Children's Lit meets 1st and 3rd Wednesday at 11am. Led by Margo Cunningham.

Want to play Mahjong? Want to Learn?

We have a new group forming here on Fridays 10 to 12.



To get more information & Join the fun

Call Kim 360-202-5515

CREATIVE HEALING

***OFFERING ENERGY HEALING TREATMENTS. MONDAYS 3-6PM HERE .
CALL IF YOU ARRIVE AFTER 4PM JAN COFFEY 360-420-9089 LYDIA STER-
LING 360-420-0686 DONATIONS ACCEPTED***

FIDDLERS NEEDED!!!

W.O.T.F.A. District 4 Fiddle Tune Workshop; 4 - 6 on the 2nd Friday of each month at the M/V Sr. Ctr. . "The first hour, geared to newer fiddlers. Tunes to be played slowly to learn. The second hour, tunes played up to speed (or a speed that all most are comfortable with) ***THEN Jam 2nd and 4th Friday 6:30-9pm . SNACKS & COFFEE BREAK AT 8! See you here!***

Mount Vernon Senior & Community Center Evening & Weekend Activities

Skagit Rock and Gem Club ..1st Saturday 9-1pm

Faceting Workshop.....3rd Saturday 9-12 noon

Tulip Valley Gardeners1st Wednesday 5pm

Harmony Northwest ChoirMonday Evenings 6:30pm

Skagit Square DancingTuesday Evenings 6:30pm

Round Dancing....Thursday Evenings 6pm and Sunday Afternoons 1pm

Washington Old Time FiddlersJam 2nd & 4th Friday 6:30pm

Improvisation Workshop3rd Sunday 1-3:30pm

Model Railroad Club.....3rd Monday 7pm

VASA Mtg2nd Sunday 1-5pm

Oxford House Bingo.....2nd Saturday 6pm

12 Step Recovery Meetings;AA, CA, NA, GA, Al-Anon

CALL US AT 360 416 1585 FOR INFORMATION



SUPPORT GROUPS

VETERAN'S PTSD SUPPORT 2nd and 4th Wednesday at 10:30am

SKAGIT COUNTY COMMUNITY ACTION has an Information Table here on the 1st Friday of the month at lunch. They have resources on EVERYTHING!

SHIBA REPRESENTATIVE HER Statewide Health Insurance Benefits Advisors are trained volunteers who can help sift through Medicare and Health insurance issues for you. Call to schedule an appointment.

DANCING

LINE DANCE BEGINNER CLASS 10am –12 on Wednesday. Suggested donation \$10.

LINE DANCE Beginners at 8:30am every Tuesday! Interm. at 9:30. Advan 10:30.

JOLLY TIME DANCE 1-3pm Thursdays \$5.00. Aug 6 with Country Jim , Aug 13 with The Skippers, Aug 20 with Greg K, Aug 27 with Marcia K.

BALLROOM DANCE LESSONS Wednesdays at 4pm. \$10.00 per class. No partner needed.

SENIOR CENTER ADVISORY BOARD MEETING **The 2nd Tuesday** of each mo. 1pm.

ARTS

CRAFTS, CERAMICS, NEEDLEWORK Meets Wednesdays at 10am.

TAPESTRY WEAVING GROUP Meets Tuesdays from 10am –1pm.

SKAGIT HAND SPINNERS Meet 2nd Monday each month here at 9am.

SEWING MACHINE AND HELPERS AVAILABLE

If you are interested in learning to sew and mend, come by the office and let us know. We have a machine ready to go!

You are invited to join **“Giving Circle MV” WTOTW (Women Take On The World).**
Giving Circle MV :A form of philanthropy in which a group pools small contributions to make a big difference locally or globally. Meets every 2nd Monday of the month at 11am here at the center. Members of the group research and vote to select recipients.
For more info see Facebook, Giving Circle MV or Judy Whitman –
Whitmanjudy55@gmail. com.

AUGUST 2026 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<u>3</u> 10 Ultra Beginner Line Dance 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	<u>4</u> 8:30 Beg Line Dc 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	<u>5</u> 9:00 Ceramics Grp 10:ULTRA Beg Line Dc 11:00 Writers Grp 1:30 Chair Yoga 1:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballrm Dance Lessons	<u>6</u> 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15 & 11:15 Open Sun Tai Chi 1 Jolly Time Dance Country Jim SKAGIT COUNTY	<u>7</u> 9 CD WA 10 Exercise Cls 12:30 Pinochle 12:30 Cards & Games FAIR THRU SUN.
10 Skagit Hand Spinners 10 Ultra Beginner Line Dance 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	<u>11</u> 8:30 Beg Line Dc 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 1 Advisory Bd Mtg 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	<u>12</u> 9:00 Ceramics Grp 10:ULTRA Beg Line Dc 10:30 Veterans 1:30 Chair Yoga 1:00 Chess/Mex Train 2:45 WuHao Tai Chi 4pm Ballroom Dance Lessons	<u>13</u> 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance Skippers	<u>14</u> 10 Exercise Cls 12 Sk Co.Com Action Resource Table 12:30 Pinochle 12:30 Cards & Games 4-6 Fiddle Tune Wksp 6:30 Old Time Fiddlers
<u>17</u> 10 Ultra Beginner Line Dance 10 Exercise Cls 12:30 BUNCO 1:30 Tai Chi for Strength 2:45 Chair Yoga	<u>18</u> 8:30 Beg Line dance 10:30 Intermed.Line dc 10:00 Tapestry/Weaving 10:00 Cards & Games 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	<u>19</u> 9:00 Ceramics Grp 11:00 Writers Grp 10 ULTRA Beg Line Dc 1:30 Chair Yoga 1:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballrm Dance Lessons	<u>20 Senior Day in The Park-Burl.</u> 8:30 Footcare 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance Greg K	<u>21</u> 9 CD WA 10 Exercise Cls 12:30 Pinochle 12:30 Cards & Games
<u>24</u> 10 Holistic Pet Care 10 Exercise Cls 10 Ultra Beginner Line Dance 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	<u>25</u> 8:30 Beg Line dance 10:30 Intermed. Line dc 10:00 Tapestry/Weaving 10:00 Cards & Games 12:30 BUNCO 115 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	<u>26</u> 9:00 Ceramics Grp 10 ULTRA Beg Line Dc 10:30 Veterans 130 Chair Yoga 1:00 Chess/Mex Train 245 WuHao Tai Chi 4 Ballrm Dc Lessons	<u>27</u> 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance Marcia K	<u>28</u> 10 Exercise Cls 12:30 Pinochle 12:30 Cards & Games 6:30 Old Time Fiddlers
<u>31</u> 10 Ultra Beginner Line Dance 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga				

AUGUST 2026 Menu

Anacortes (360)299-4136, Burlington (360)755-0942

Mount Vernon (360)416-1589, Sedro-Woolley (360)855-1531

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey Cheddar BBQ Dip served with Jo Jos	4 Ham & Swiss Pie served with Sunshine Pears	5 Coconut Curry Pollock served with Peanut Butter Bar	6 Meatloaf served with Mashed Potatoes and Gravy	7 Cheese Ravioli Primavera served with Green Beans
10 Sausage & Tortellini Soup served with Green Salad	11 Tuna Casserole served with Caesar Salad	12 Home-style Chicken Bowl served with Grapes	13 ASAC Picnic in the Park Bratwurst on a Bun w/ Sauerkraut served with Watermelon	14 Taco Salad served with Corn Bread
17 Biscuit & Gravy w/ Egg served with Hot Fruit Compote	18 Crispy Teriyaki Chicken Sandwich served with Coleslaw	19 Baked Potato w/ Beef Chili served with Peaches	20 Senior Day in the Park Lunch in Burlington only No lunch service at: Burlington, Mount Vernon and Sedro-Woolley	21 Chicken Fried Steak served with Mashed Potatoes and Gravy
24 Sweet & Sour Meatballs served over Rice	25 Chicken Caesar Salad served with Cucumber Salad	26 Deluxe Cheese- burger served with Apple Crisp	27 Lasagna w/ Garlic Bread served with Spinach Salad	28 Chicken Alfredo served with Birthday Cake
31 Hamburger Gravy served over Mashed Potatoes				

Menu substitutions or changes are sometimes necessary.

Holistic Health Options

*for Your Beloved
Companion Animals*



Would you like your dog or cat to
enjoy a **longer, healthier, happier** life?

Discover practical, common-sense
ways to support your companion
naturally—whether they're already
facing health challenges or you're
hoping to prevent them.



What to **feed**
for lifelong health.



Holistic options including
acupuncture, massage,
homeopathy, and more.



How to become your
pet's best **advocate.**



Why it's almost
never time to
give up **hope.**



Dr. Christina Chambreau

45 years of holistic practice and teaching.

Mount Vernon Senior Center

1401 Cleveland Ave

Monday, Aug. 24 10am

NO Cost

New 2 You Thrift Shop

Now Open!

Hours Tues-Fri 10am-5pm

1101 S. 2nd St. Mount Vernon, WA

Proceeds benefit MV Senior & Community Center

Non Profit Advisory Committee

Donations Hours 10am-noon Tuesday-Friday



CRAFTY CREATIONS BOUTIQUE!

OPEN HERE AT THE SENIOR CENTER MONDAY-FRIDAY 10AM-3PM

UNIQUE HANDCRAFTED ITEMS FOR EVERYONE.

***WOMEN, MEN, BABIES, PETS, KITCHEN, JEWELRY, AND
SOOOO MUCH MORE!***

COME IN AND SHOP OUR STORE TODAY!

Jazzy Elite

300 pound weight capacity, Up to 4 mph, 24.75" turning radius, Up to 13.5 miles per charge. In-line, front wheel drive technology provides tight turns around corners. Optimal maneuverability in small spaces. Large front wheels for extra absorption over Obstacles **Sells new for \$3600**



Drawing September 1, 2026

All Proceeds go to YOUR Senior Center