

### **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 Site Mgr**

**Leslie Collings**

The center does not discriminate  
against participants, clients,  
volunteers, or employees on the  
basis of race, color, creed, reli-  
gion, orientation, gender, identity  
or expression, age or disabili-  
ties.



## **MOUNT VERNON SENIOR CENTER**

### **FEBRUARY 2026**

**You're Invited to a Musical Treat!** 🎵 **Wed. Feb. 4 at 10am.** The 7th grade musicians of the Mount Baker Middle School Concert Band would love to share some music—and some smiles—with you! Please join us for a delightful chamber music performance featuring small groups of enthusiastic young musicians who have been working hard and having fun along the way.

We hope you'll come listen, tap your toes, and help us cheer on the next generation of musicians. Your presence will mean the world to them! ❤️ 🎵 🎵 🎵 🎵 🎵 🎵 🎵

### **Mount Vernon Senior & Community Center** **Evening & Weekend Activities**

Skagit Rock and Gem Club 1st Sat 9-1pm

Faceting Wkshp 3rd Sat 9-12 noon

Tulip Valley Gardeners 1st Wednesday 5pm,

Harmony Northwest Choir Monday Evenings

Skagit Square Dancing Tuesday Evenings **NEW LESSONS NOW!**

Round Dancing Thursday Evenings and Sunday Afternoons

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

Improvisation Wkshp 3rd Sunday 1-3:30pm

Model Railroad Club 3rd Mon 7pm

VASA Mtg 2nd 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  
ON THESE GROUPS**

**CALLING INTERESTED BIRDERS!!** Join us and Kenneth Salzman, photographer and enthusiast for a beautiful presentation on “Local Birds! Mon. Feb.23 at 2pm!

**SHIBA REPRESENTATIVE HERE**—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.

**EXERCISE, FITNESS, AND WELL-BEING**

**CREATIVE HEALING– TUESDAYS 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 11AM. Taught by Pam Granston. Suggested Donation \$10 per class. Chairs used also for more fitness work!

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

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

**TAI CHI for STRENGTH AND BALANCE** Mondays 1:30 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 using Tai Chi principles, and 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 1:15 Tai Chi Weapons

Tuesdays 2:15pm Traditional Yang,

Wednesdays 2:45 WuHao, Thursdays 10:15 Sun Family Style,

Thursdays 11:15 Free open beginner Tai Chi class.

**FOOTCARE** —3rd Thursday each month. Includes foot soak and file and nail trim, CALL FOR APPT. 360-416-1585. \$35.

**A.A.R.P. FREE INCOME TAX ASSISTANCE– CALL NOW TO THE BURLINGTON SENIOR CENTER 360-755-0102 FOR APPOINTMENTS AND INFO.**



## GAMES / CARDS / TOPICS

CARDS AND GAMES! TUESDAYS @ 10am and Fri@ 12:30 PM. Mahjong, Canasta, Hand and Foot... WEDNESDAYS afternoon 1pm is Mexican Train, CHESS Wednesdays at 2pm. ALL LEVELS WELCOME

PINOCHLE Meets every Friday at 12:30.

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

IMPROV GROUP Meeting here on the 3rd Sunday monthly at 1-3:30. 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 Weds at 11am. Led by Margo Cunningham.

ANNA JORDAN FROM KERN FUNERAL HOME will be at the Mount Vernon Senior Center every 4<sup>th</sup> Friday from 10:30-noon starting Jan. 23 holding funeral pre-planning open office hours. Anna will be available to field any questions and provide answers to things you didn't even know to ask.

NEED FIDDLERS!!! W.O.T.F.A. D4 is Expanding their Fiddle Tune Workshop; it will take place 4 - 6 on Friday Feb. 13 at the M/V Sr. Ctr. . See you there!"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 6:30-9.

GOODIE / COFFEE BREAK AT 8! SEE YOU THERE!

## SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP— Meets on the 3rd Wednesday of each month at 2:30pm. This group is for caregivers to help them develop a support system, exchange practical information on challenges, coping skills, and learn about local resources.

### CRAFTY CREATIONS BOUTIQUE!

**CHECK OUT OUR REMODELED SHOP! OPEN HERE AT  
THE SENIOR CENTER**

**MONDAY—FRIDAY 10AM—3PM**

**ALL HANDMADE ITEMS. GREAT GIFT IDEAS!**



## DANCING

# SKAGIT SWINGS BAND

Spring Swing Dance will be Friday, March 20 6-8pm. Suggested donation \$15pp \$25cpl \$10 students.

LINEDANCE BEGINNER CLASS - 10am –12 on Wed. Suggested donation \$10.

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

JOLLY TIME DANCE 1-3pm Thursdays \$5.00. Feb 5 with Country Jim , Feb 12 with Lee Howard, Feb 19 with The Skippers., Feb 26 with The Kelloggs.

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

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

## ARTS

CRAFTS, CERAMICS, NEEDLEWORK —Meets Wednesdays at 10am.

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

SKAGIT HAND SPINNERS Meet the 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 maching ready to go!

BOB ROSS PAINTING CLASS —Julie Curry, a Bob Ross Certified Instructor . Sign up now! [juliecurry2009@hotmail.com](mailto:juliecurry2009@hotmail.com) or call the senior center for more information.

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 Mon. of the month at 11am here at the center. Members commit to a 12 month period and plan to donate \$20 each month whether or not you attend meetings. Two organizations for Consideration. Members of the group research and vote to select recipients. For more info Facebook— Giving Circle MV or Judy Whitman -[Whitmanjudy55@gmail.com](mailto:Whitmanjudy55@gmail.com).



Rob Q from Skagit Co. Community Action will be here With a table of information and resources on Friday Feb. 6th from 12-2. Note they have resources on just about everything!



# FEBRUARY 2026 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>2</u></b> 10 Exercise Cls 1 BINGO 1 Bible Study 1:30 Tai Chi for Strength 2:45 Chair Yoga	<b><u>3</u></b> 8:30 Beg Line dance 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	<b><u>4</u></b> 9:00 Ceramics 9:00 SASH Coffee Hr 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	<b><u>5</u></b> 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance— Country Jim	<b><u>6</u></b> 9 CD WA 10 Exercise Cls 11 Yoga for All <b>12-2 Skagit Co. Community Action Resource Table</b> 12:30 Pinochle 12:30 Cards and
<b><u>9</u></b> 9 Skagit Hand Spinners 10 Exercise Cls 11 WTOTW 1 BINGO 1 Bible Study 1:30 Tai Chi for Strength	<b><u>10</u></b> 8:30 Beg Line Dc 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 1:15 Tai Chi Weapons 1 Advisory Bd Mtg 2 Creative Healing 2:15 Yang Tai Chi	<b><u>11</u></b> 9:00 Ceramics 10:30Veterans Grp 10:ULTRA Beg Line Dc 1:30 Chair Yoga 1:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballrm Dance Lessons	<b><u>12</u></b> 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance— Lee Howard	<b><u>13</u></b> 10 Exercise Cls 11 Yoga for All 12:30 PINOCHLE 12:30 Cards and Games <b>4-6 Fiddle Tune Wksp</b> <b>6:30 Old Time Fiddlers</b>
<b><u>16</u></b> CENTER CLOSED PRESIDENT'S DAY 	<b><u>17</u></b> 8:30 Beg Line dance 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	<b><u>18</u></b> 9:00 Ceramics 10 ULTRA Beg Line Dc 11:00 Writers Grp 1:30 Chair Yoga 1:00 Chess/Mex Train 230 Alzheimers Spt 2:45 WuHao Tai Chi 4 Ballrm Dance Lessons	<b><u>19</u></b> 9:00 Tai Chi for Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance— The Skippers	<b><u>20</u></b> 9 CD WA 10 Exercise Cls 10:30 Final Wishes 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games
<b><u>23</u></b> 10 Exercise Cls 1:30 Tai Chi for Strength 1 BINGO 1 Bible Study <b>2 Beautiful Birds</b> 2:45 Chair Yoga	<b><u>24</u></b> 27 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 115 Tai Chi Weapons 12:30 Bunco 2 Creative Healing 2:15 Yang Tai Chi	<b><u>25</u></b> 9:00 Ceramics 10:30 Veterans Grp 10 ULTRA Beg Line Dc 1:30 Chair Yoga 1:00 Chess/Mex Train 245 WuHao Tai Chi 4 Ballrm Dance Lessons	<b><u>26</u></b> 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance— Kelloggs	<b><u>27</u></b> 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games <b>6:30 Old Time Fiddlers</b>

# February 2026 Menu

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

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


Monday

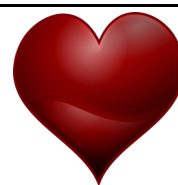
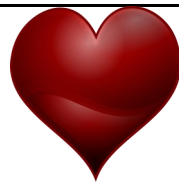
Tuesday

Wednesday

Thursday

Friday

2 Mojo Cuban Pork served with Green Salad	3 Pastrami & Swiss on Rye served with Pears	4 Greek Fish Flor- entine served with Sunshine Carrots	5 Hamburger Gravy served over Mashed Potatoes	6 Sweet & Sour Chicken over Rice served with Strawberries
9 Mac & Cheese w/ Ham served with Peach Crisp	10 Oven Baked Cornflake Chick- en served with Bean Salad	11 Pork Roast and Gravy served over Mashed Potatoes	12 Spaghetti & Meatballs served with Green Beans	13 <b>Valentine's Day Lunch</b> Salmon Filet served with Roasted Potatoes
16 <b>CLOSED</b> 	17 Biscuits & Gravy served with Peas and Carrots	18 Greek Lentil Soup served with a ½ Deli Sandwich	19 Three Bean Cas- serole served with Cornbread	20 Baked Ham and Scal- loped Potatoes served with a Breadstick
23 Baja Fish Sticks with Salsa served with Cilantro Lime Coleslaw	24 Beef Tips with Mushroom Gra- vy served over Mashed Pota- toes	25 Asian Chicken Salad served with Mandarin Oranges	26 Pulled Pork Sandwich served with Coleslaw	27 Butternut Squash Lasagna served with Birthday Cake



Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.