

# MOUNT VERNON SENIOR CENTER JUNE 2026



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, religion, orientation, gender, identity or expression, age or disabilities.



2026 DANCE DATES

*Let's Dance With*  
**SKAGIT SWINGS BIG BAND**  
AT THE MOUNT VERNON SENIOR CENTER

MARCH 20	LUCKY BREAK SWING 7 PM
APRIL 17	SWING INTO SPRING 7 PM
MAY 15	GOLDEN HOUR GROOVE 7 PM
JULY 17	HOT JAZZ SUMMER 7 PM
AUG 21	LAST CALL FOR SUMMER SWING 7 PM
SEPT 18	HARVEST MOON HOP 7 PM
OCT 30	SHADOWS & SWING 7 PM
NOV 20	GRATITUDE GROOVE 7 PM
DEC 12	WINTER SWING SPECTACULAR 1 PM

MORE INFORMATION  
[WWW.SKAGITSWINGS.COM](http://WWW.SKAGITSWINGS.COM)

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

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

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

Tulip Valley Gardeners .....1st Wednesday 5pm,

Harmony Northwest Choir .....Monday Evenings 6:30pm

Skagit Square Dancing .....Tuesday Evenings Round Dancing  
Thursday Evenings and Sunday Afternoons

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

Improvisation Workshop .....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

## SUPPORT GROUPS

VETERAN'S PTSD SUPPORT— 2nd and 4th Wed. 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 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. \$40

Skagit Council on Aging presents the fourth annual

# Rhythm of Giving

fundraiser in support of the Meals on Wheels program serving Skagit Valley

SATURDAY **JUNE 20** 5:30 PM

Saltbox Barn  
17995 Fir Island Rd, Mount Vernon

*PURCHASE TICKETS OR MAKE A CONTRIBUTION!*  
Scan the QR code or visit [marchformeals.org/fundraisers/rhythm-of-giving](http://marchformeals.org/fundraisers/rhythm-of-giving)



*Dinner, drinks, and live music for a cause, featuring Chris Eger!*

**HELP US SUPPORT OUR MEALS ON WHEELS!**  
**SEE YOUR SENIOR CENTERS FOR MORE INFORMATION**

## 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. ***BINGO CALLERS NEEDED!*** Can you HELP? Please come see us if you are interested.

**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.

**NEED FIDDLERS!!!** W.O.T.F.A. D4 is Expanding their Fiddle Tune Workshop; takesplace 4 - 6 on the 2nd Friday 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 6:30-9. SNACKS & COFFEE BREAK AT 8! SEE YOU THERE!

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## DANCING

Spring Swing Dance - Friday, July 17 7-9pm. Suggested donation \$15pp \$25cpl  
\$10 students.

NEW ULTRA BEGINNER CLASS—8WKS JUNE 8-JULY 27. 80\$ 10AM-NOON

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. June 4 with Country Jim , June 11 with The Skippers, June 18 with Marcia K, June 25 with Lee H.


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 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 Mon. of the month at 11am here at the center. . Members of the group research and vote to select recipients. For more info Facebook—Giving Circle MV or Judy Whitman – Whitmanjudy55@gmail. com.

**Handcrafted Father's Day Gifts!!!!**

**CRAFTY CREATIONS BOUTIQUE!**

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

# JUNE 2026 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10 Exercise Cls 10 ULTRA BEGIN LINE DANCE 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	<b>2</b> 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	<b>3</b> 9:00 CeramicsGrp 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	<b>4</b> 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance <b>Country Jim</b>	<b>5</b> 9 CD WA 10 Exercise Cls 11 Yoga for All <b>12-2 Sk Co. Com Action Resource Table</b> 12:30 Pinochle 12:30 Cards Games
<b>8</b> 9 Skagit Hand Spinners 10 Exercise Cls 110 ULTRA BEGIN LINE DANCE 1 WTOTW 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	<b>9</b> 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	<b>10</b> 9:00 CeramicsGrp 10:ULTRA Beg Line Dc 10:30Veterans 1:30 Chair Yoga 1:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballrm Dance Lessons	<b>11</b> 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance <b>Skippers</b>	<b>12</b> 10 Exercise Cls 11 Yoga for All 12:30 PINOCHLE 12:30 Cards and Games <b>4-6 Fiddle Tune Wksp 6:30 Old Time Fiddlers</b>
<b>15</b> 10 ULTRA BEGIN LINE DANCE 10 Exercise Cls 12:30 BUNCO 1:30 Tai Chi for Strength 2:45 Chair Yoga	<b>16</b> 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	<b>17</b> 9:00 Ceramics 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>18</b> 8:30 Footcare 9:00 Tai Chi for Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance <b>Marcia K</b>	<b>19</b> <b>CENTER CLOSED</b>  <b>JUNTEENTH</b>
<b>22</b> 10 Exercise Cls 10 ULTRA BEGIN LINE DANCE 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	<b>23</b> 8:30 Beg Line dance 10:30 Intermed. Line dc 10:00 Tapestry/Weaving 10:00 Cards & Games 115 Tai Chi Weapons 12:30 BUNCO 2 Creative Healing 2:15 Yang Tai Chi	<b>24</b> 9:00 Ceramics 10 ULTRA Beg Line Dc 10:30 Veterans 130 Chair Yoga 1:00 Chess/Mex Train 245 WuHao Tai Chi 4 Ballrm Dc Lessons	<b>25</b> 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance <b>Lee H</b>	<b>26</b> 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games <b>6:30 Old Time Fiddlers</b>
<b>29</b> 10 ULTRA BEGIN LINE DANCE 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	<b>30</b> 8:30 Beg Line dance 10:30 Intermed. Line dc 10:00 Tapestry/Weaving 10:00 Cards & Games 115 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi			

# JUNE 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

1 Spaghetti & Meatballs served with Garlic Bread	2 Lemon Pepper Fish served with Pineapple Chunks	3 Chicken Fried Steak served with Mashed Potatoes and Gravy	4 Ham and Pasta Bake served with Green Salad	5 Chicken Souvlaki served with Lemon Roasted Potatoes
8 Cheese Omelet served with Sausage Links and Hashbrowns	9 German Sausage on a Bun served with Baked Beans	10 Hawaiian BBQ Chicken Wrap served with Vegetable Salad	11 Meatloaf served with Mashed Potatoes and Gravy	12 Chicken Taco Salad served with Cornbread Muffins
15 Hot Turkey Sandwich served with Mashed Potatoes	16 Alpine Chicken over Rice served with Pears	17 Butternut & Sausage Soup served with Apple Slices	18 Father's Day Luncheon Beef Roast w/ Gravy served with Strawberry Shortcake	19 <b>CLOSED</b> 
21 Eggplant Parmesan served with a Berry Parfait	22 Pork in Gravy Served over Mashed Potatoes	23 Pub Battered Fish served with Navajo Peach Crisp	24 Orange Chicken over Rice served with Sesame Slaw	25 3 Bean Casserole served with Pea & Cheese Salad and Birthday Cake
29 Pork Egg Roll Bowl served with Peaches	30 Brunswick Stew served with Green Salad			

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.