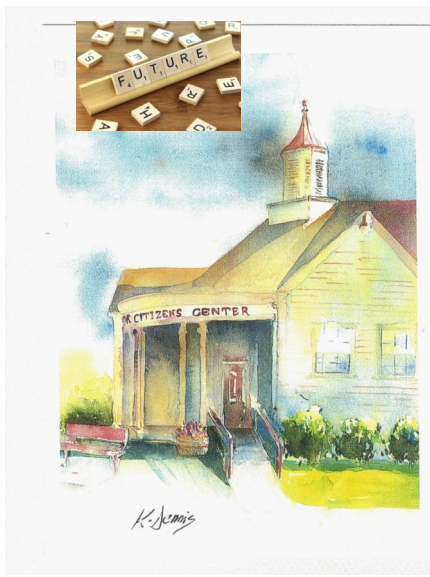




The Senior Center
and
Nutrition Program
are programs of Skagit
County Public Health, in
partnership with the City of
Mount Vernon.

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

MVCoordina-

tor@SkagitAging.org

The center does not discriminate
against participants, clients,
volunteers, or employees on the
basis of race, color, creed,
religion, orientation, gender,
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tity or
pression,
or disa-
bilities.



Mount Vernon Senior Center



New 2 You Thrift Shop

Now Open! Volunteers Needed!

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!*



*The Holidays are right
around the corner!*

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!!

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.

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.

NEW OPEN VERY BEGINNING TAI CHI— Finally an opportunity TO LEARN TAI CHI FROM THE BEGINNING. 6 week session begins Monday Sept 21– October 28 11:30am/. Donations accepted/ Lead by Margo C.

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.

NEW OPEN VERY BEGINNING SUN STYLE TAI CHI Starting Thurs.
Sept. 17, 11:20-12noon. Runs through Dec 3rd.

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.



Come and Play, Learn MAHJONG!

We have a new group playing here on

Fridays 10 to 12. Join the fun!!! Call Kim 360-202-5515

FREE Fiddle Tune Workshop

FREE!



offered by the Washington Old Time Fiddle Association District 4.
Friday September 11th. 4:00-6:00 at the M/V Sr. Ctr.

ALL AGES WELCOME!

Please pass this opportunity on! Thank you!

- ♦ 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 are most comfortable with)
- ♦ THEN WE JAM 6:30 - 9:00.
GOODIE / COFFEE BREAK AT 8:00! SEE YOU THERE !!!
- ♦ <https://wotfa.org/> Questions call Dennis Ohern 360-421-4047

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 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 360 416 1585 for info



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. Sept. 3 with Country Jim, Sept 10 with Marcia K. Sept 17 Lee Howard, Sept.24 with The Kelloggs.

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.

SEPTEMBER 2026 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1 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	2 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	3 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15 &11:15 Open Sun Tai Chi 1 Jolly Time Dance Country Jim	4 9 CD WA 10 Exercise Cls 12:30 Pinochle 12:30 Cards & Games
7 Center Closed  LABOR DAY	8 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	9 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	10 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance Marcia K	11 10 Exercise Cls 12 Sk Co.Com Action Resource 12:30 Pinochle 12:30 Cards & Games 4-6 Fiddle Tune Wksp 6:30 Old Time Fiddlers
14 Skagit Hand Spinners 10 Exercise Cls 1 Bingo 1:30 Tai Chi for Strength 2:45 Chair Yoga	15 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	16 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	17 8:30 Footcare 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15& 11:20 Open Beg.Sun Tai Chi 1 Jolly Time Dance Lee Howard	18 9 CD WA 10 Exercise Cls 12:30 Pinochle 12:30 Cards & Games
21 10 Exercise Cls 11:30 Very Beginning Tai Chi 1:30 BUNCO 1:30 Tai Chi for Streng 2:45 Chair Yoga	22 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	23 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	24 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:20 Open Beg.Sun Tai Chi 1 Jolly Time Dance The Kelloggs	25 10 Exercise Cls 12:30 Pinochle 12:30 Cards & Games 6:30 Old Time Fiddlers
28 10 Exercise Cls 11:30 Very Beginning Tai Chi 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	29 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	30		

September 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 Baked Manicotti With Veggies and roll	2 Alpine Chicken serves with rice Pilaf and salad	3 Baked Ham served with Scalloped Potatoes and a side of beans	4 Cheeseburger Salad Served with Orange slices and a roll
7 Closed  LABOR DAY	8 Broccoli Cheese Soup Served with $\frac{1}{2}$ Deli sandwich	9 Swedish Meatballs Mashed Potatoes & Gravy	10 Turkey Pot Pie served with Roasted Potatoes Green Salad	11 Lemon Pepper Fish Citrus Couscous served with green salad and veggies
14 Orange Chicken With Brown rice and snap peas.	15 Cheese Omelet with Sausage Links and Potatoes Romanoff	16 Moussaka served with potatoes and salad	17 Swiss Steak w/ Tomatoes With Green Beans and Mashed potatoes	18 Hawaiian Slider Casserole Potatoes Smiles and Spinach salad
21 Pork Roast Served with mashed potatoes and gravy with Veggies	22 Sloppy Jos w/ Cheese Served with tots and a side of carrots	23 Japanese Glazed Chicken With a side of rice and broccoli	24 Club Wrap served with chips and a pea salad	25 Mediterranean Chicken with Seasoned Rice and Winter Mix Vegetables
28 Krabby Cake w/ chs & tartar With JoJos and bean melody	29 Cornflake Chicken Served with mashed potatoes and veggies	30 3 Bean Casserole with Roasted Sweet Potatoes and a Veggie & Pasta Confetti Salad		

Menu substitutions or changes are sometimes necessary.