

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

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.



MOUNT VERNON SENIOR CENTER APRIL 2026

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			

QR CODE:  MORE INFORMATION: 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

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

CALL US AT 360 416 1585 FOR INFORMATION



VOLUNTEERS NEEDED— During the Tulip Festival Street Fair April 17-19th. We will have a booth to help promote support and awareness for The Mount Vernon Senior - Community Center and Senior Nutrition . Please let us know if you are interested. Thank you!

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

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 4th Friday from 10:30-noon 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.



BINGO CALLERS NEEDED! Can you HELP? Bingo is every

Monday except the 3rd Monday each month. Please come see us if you are interested.

NEED FIDDLERS!!! W.O.T.F.A. D4 is Expanding their Fiddle Tune Workshop; it will take place 4 - 6 on Friday Apr 10 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 6:30-9. SNACKS & 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.

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!

DANCING

Spring Swing Dance - Friday, April 17th 7-9pm.

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. Apr 2 with Country Jim , Apr 9 with The Skippers, Apr 16 with The Kelloggs, Apr 23 with Lee Howard , and Apt 30 with Marcia K.


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!

BOB ROSS PAINTING CLASS with Julie Curry, a Bob Ross Certified Instructor. Sign up now! 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.

CRAFTY CREATIONS BOUTIQUE! SPRING OPEN HOUSE APRIL 21!

EASTER IS BLOOMING! OPEN HERE AT THE SENIOR CENTER

MONDAY—FRIDAY 10AM-3PM

APRIL 2026 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		1 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	2 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance— Country Jim	3 9 CD WA 10 Exercise Cls 11 Yoga for All 12-2 Skagit Co. Community Action Resource Table 12:30 Pinochle 12:30 Cards and Games
6 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength	7 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 Greengirl Ceramics 2:15 Yang Tai Chi	8 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	9 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance— The Skippers	10 10 Exercise Cls 11 Yoga for All 12:30 PINOCHLE 12:30 Cards and Games 4-6 Fiddle Tune Wksp 6:30 Old Time Fiddlers
13 9 Skagit Hand Spinners 10 Exercise Cls 11 WTOTW 1:30 Tai Chi for Strength 2:45 Chair Yoga	14 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 1 Advisory Bd Mtg 1:15 Tai Chi Weapons 2 Greengirl Ceramics 2 Creative Healing 2:15 Yang Tai Chi	15 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	16 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— Kelloggs	17 9 CD WA 10 Exercise Cls 10:30 Final Wishes 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games 7pm SWING DANCE
20 10 Exercise Cls 1:30 Tai Chi for Strength 1 BUNCO 2:45 Chair Yoga	21 8:30 Beg Line dance 10:30 Intermed. Line dc 10-2 GIFT SHOP OPEN HOUSE 10:00 Tapestry/Weaving 10:00 Cards & Games 115 Tai Chi Weapons 2 Greengirl Ceramics 2 Creative Healing	22 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	23 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 11 Birding Prg 1 Jolly Time Dance— Lee Howard	24 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games 6:30 Old Time Fiddlers
27 Same 1 BINGO	28 Same 12:30 Bunco	29 Same	30 Marcia K	

APRIL 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 Panko Breaded Fish served with Roasted Sweet Potatoes	² Easter Luncheon Baked Ham served with Scalloped Pota- toes and Blue- berry Coffee	3 Cheesy South- west Chicken and Rice served with Orange Slices
6 Mushroom & Swiss Burger served with Apricots	7 Home-style Chicken Bowl served with Strawberries	8 Minestrone Soup served with Tortellini Salad	9 Honey Mustard Chicken served with Wild Rice Pilaf	10 Hawaiian Slider Casserole served with Spinach Salad
13 Navy Bean & Ham Soup served with Macaroni Salad	14 Teriyaki Chicken w/ Steamed Rice served with Man- darin Oranges	15 Supreme Cobb Salad served with Pickled Beets	16 Swiss Steak w/ Tomatoes served with Pears	17 Baja Fish Sticks w/ Tortillas served with Cilantro Lime Slaw
20 Turkey A La King served with Roasted Potatoes	21 Western Frittata served with Mixed Berries	22 Meatloaf served with Mashed Pota- toes and Gravy	23 Bacon Cheese- burger Salad served with a Lemon Bar	24 Mac & Cheese w/ Kielbasa served with Birthday Cake
27 Ham & Swiss Impossible Pie served with Green Salad	28 Meatball Chow- der served with Cabbage	29 Turkey Crois- sant served with Cold Rice Salad	30 Pork Schnitzel served with Hot Potato Salad	

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.

***You would look Amazing
on this E-Trike!***

Save Gas Money \$\$\$\$



At the Mount Vernon Senior and Community Center

1401 Cleveland Ave. Mount Vernon 360-416-1585

Raffle tickets \$25 each Only 100 tickets sold!

Drawing will be when all tickets are sold. Drawing To Be announced later. Need not be present to win.