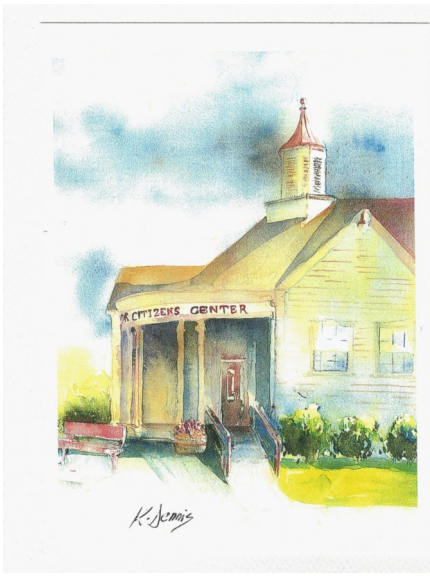


MOUNT VERNON SENIOR CENTER JULY 2026



**New 2 You
Thrift Store**

Now Open!

Hours Tues-Fri 10am-5pm

1101 S. 2nd St. Mount Vernon, WA

Proceeds benefit MV Senior & Community Center

Non Profit Advisory Committee

supporting the future of our Senior and Community

Services

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.



2026 DANCE DATES

Let's Dance With
SKAGIT SWINGS BIG BAND

AT THE MOUNT VERNON SENIOR CENTER

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

MORE INFORMATION
WWW.SKAGITSWINGS.COM




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 also used 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 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. 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, 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.

GAMES / CARDS / TOPICS

IMPROV GROUP 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.

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 6:30-9. SNACKS & COFFEE BREAK AT 8! See you here!*

***VOLUNTEERS NEEDED FOR SKAGIT CO FAIR PARKING FUNDRAISER
PARKING CARS THE FAIR TAKES PLACE AUG. 6-9***

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 Gardeners1st Wednesday 5pm

Harmony Northwest ChoirMonday Evenings 6:30pm

Skagit Square DancingTuesday Evenings

Round Dancing....Thursday Evenings and Sunday Afternoons

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

Improvisation Workshop3rd Sunday 1-3:30pm

Model Railroad Club.....3rd Mon 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 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.



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. July 2 with Country Jim , July 9 with The Skippers, July 16 with Marcia K, July 23 with Lee H. July 30 with Ron Reiss.

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 see Facebook, Giving Circle MV or Judy Whitman –
Whitmanjudy55@gmail. com.

CRAFTY CREATIONS BOUTIQUE!

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

UNQUE HANDCRAFTED ITEMS FOR EVERYONE.

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

COME IN AND SHOP OUR STORE TODAY!



JULY 2026 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1 		1 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	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 <u>CENTER</u> <u>CLOSED</u> for INDEPENDENCE DAY
6 9 Skagit Hand Spinners 10 Exercise Cls 10 Ultra Beginner Line Dance 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	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 2:15 Yang Tai Chi	8 9:00 Ceramics Grp 10:ULTRA Beg Line Dc 10:30Veterans 1:30 Chair Yoga 1:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballroom Dance Lessons	9 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance Skippers	10 9 CD WA 10 Exercise Cls 12-2 Sk Co. Com Action Resource Table 12:30 Pinochle 12:30 Cards and Games 4-6 Fiddle Tune Wksp 6:30 Old Time Fiddlers
13 9 Skagit Hand Spinners 10 Ultra Beginner Line Dance 11 WTOTW 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	14 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	15 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	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 Marcia K	17 10 Exercise Cls 12:30 Pinochle 12:30 Cards Games <i>Skagit Swings Band Hot</i> <i>Jazz Summer Dance 7pm</i>
20 10 Exercise Cls 10 Ultra Beginner Line Dance 12:30 BUNCO 1:30 Tai Chi for Strength 2:45 Chair Yoga	21 8:30 Beg Line dance 10:30 Intermed. Line dc 10:00 Tapestry/Weaving 10:00 Cards & Games 115 Tai Chi Weapons 1 Advisory Bd Mtg 2 Creative Healing 2:15 Yang Tai Chi	22 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	23 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance Lee H	24 9 CD WA 10 Exercise Cls 12:30 Pinochle 12:30 Cards and Games 6:30 Old Time Fiddlers
27 10 Ultra Beginner Line Dance 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	28 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	29 9:00 Ceramics Grp 10 ULTRA Beg Line Dc 130 Chair Yoga 1:00 Chess/Mex Train 245 WuHao Tai Chi 4 Ballrm Dc Lessons	30 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance Ron Reiss	31 10 Exercise Cls 12:30 Pinochle 12:30 Cards and Games

JULY 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 Pesto Chicken served with Smashed Baby Bakers	2 4 th of July Luncheon Pulled Pork Sandwich served with Baked Beans	3 CLOSED 
6 French Dip Sandwich served with Green Salad	7 Swedish Chicken & Pear Hash served with a Breadstick	8 Aztec Pork w/ Spanish Rice served with a Lemon Bar	9 Salisbury Steak served with Mashed Potatoes and Gravy	10 Clam Chowder served with a ½ Deli Sandwich
13 Moroccan Chicken Soup served with Pepperoni	14 Country Pork & Kraut served with a Soft Pretzel	15 Turkey w/ Gravy served with Mashed Potatoes	16 Chef Salad served with Fruit and Wheat Roll	17 Butternut Squash Lasagna served with Strawberries
20 Fish Sandwich served with Coleslaw	21 Pork Roast served with Mashed Potatoes and Gravy	22 Chicken Divan served with Grapes	23 Turkey Croissant served with a Cookie	24 Stuffed Pepper Cups served with Pineapple
27 Baked Ham served with Au Gratin Potatoes	28 Mac & Cheese w/ Kielbasa served with Spinach Salad	29 Mushroom Swiss Burger served with Onion Rings	30 Fish in Cilantro Sauce served with Bean Salad	31 Beef Tips served with Mashed Potatoes and Birthday Cake

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.

Raffel Tickets

\$10 ea.

Lift Chair

We all need a lift! This chair would not only look great in your house but be a great help to you standing



or

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 for both

Sept 1

All Proceeds go to YOUR Senior Center

