

MOUNT VERNON SENIOR CENTER

NOVEMBER 2025

UPCOMING EVENTS

- **Mayor's Coffee Hour Here** –Fri. Nov. 7th at 10am
- **Center Closed** Tues. Nov. 11th Veteran's Day
- **SHIBA Open Enrollment Event** Mon. Nov. 17 9am appointment required.
- **Gift Shop Open House** Tues. Nov. 18 11am-2pm.
- **Thanksgiving Lunch** Thurs. Nov. 20 Noon. Reservation required. Marcia Kester Singing!
- **Center Closed** Thurs. & Fri. Nov. 27 & 28 for Thanksgiving Holiday.
- **Harmony Northwest Choir Christmas Concert** Sat. Dec. 6th 2-4pm.
- **Christmas Swing Dance** Sat. Dec. 13th 1-3pm.
- **Family Christmas Concert** Wed. Dec 17th 6:30-8pm.
- **Christmas Lunch** Thurs. Dec. 18 Noon. Reservation

Update on the Skagit County Senior Nutrition Program

The Skagit County Commissioners have asked the Northwest Regional Council to find a new nonprofit provider for the senior nutrition program by July 1, 2026. This change is intended to ensure the program's long-term sustainability as costs rise and demand grows. There will be no changes to congregate meals or Meals on Wheels deliveries through June 30, 2026. The County and Northwest Regional Council will work closely with the new provider to ensure a smooth transition and continued service for local seniors. For more information, pick up a flyer at the Senior Center.



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.



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.

NEED FIDDLERS!!! W.O.T.F.A. D4 is Expanding their Fiddle Tune Workshop; it will take place 4 - 6 at the M/V Sr. Ctr. November 14th. See you there!"The first hour, geared to newer fiddlers. Tunes to be played slowly. The second hour, tunes played up to speed. (or a speed that all most are comfortable with) Here's a list of tunes for the beginner portion: "Devil Dream", "Old Joe Clark", "Soldier's Joy", "Red Wing", and "Angeline the Baker."

GAMES/FUN/TOPICS

Trivia Game– Come join the fun on the 2nd Thurs of each month here at 1pm.

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 1:30-4pm. 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.

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.

NEW BIBLE STUDY Starts Mon. Nov. 3rd at 1pm.

GIFT SHOP HOLIDAY OPEN HOUSE—Join us from 11-2 for holiday shopping and treats. Great gift ideas made by local seniors.

Mount Vernon Senior Center Evening Activities

Tulip Valley Gardeners 1st Wednesday each mo 5pm,

Harmony Northwest Choir Monday Evenings

Skagit Square Dancing Tuesday Evenings

Round Dancing Thursday Evenings

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

12 Step Recovery Meetings Call for information

Hobby Groups... Rock & Gem, Faceting, Model Railroad,

CALL US AT 360 416 1585 FOR INFORMATION ON THESE GROUPS

DANCING

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. Oct 2nd with Country Jim, Oct 9th with The Skippers, Oct 16th with Rick Cooper, Oct 23rd with Marcia Kester and Oct 30 with Lee Howard. \$5 Cover to pay for the Bands.

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

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

ARTS

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

NEW: TAPESTRY WEAVING GROUP -Meets Tuesdays from 10 am –1pm.
Come and check it out.

SKAGIT HAND SPINNERS Meet the 2nd Monday each month here at 9am. New spinners welcome!

BOB ROSS PAINTING CLASS -Julie Curry, a Bob Ross Certified Instructor will schedule another class when she has enough students. **SIGN UP NOW!** juliecurry2009@hotmail.com or call the senior center for more information.

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.

BIBLE STUDY STARTS NOV. 3 RD 1PM.

CRAFTY CREATIONS BOUTIQUE!

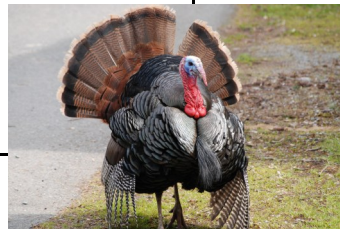


**COME IN AND CHECK OUT OUR REMODELED
SHOP! OPEN HERE AT THE SENIOR CENTER
MONDAY—FRIDAY 10AM–3PM**

ALL HANDMADE ITEMS. GREAT GIFT IDEAS!



NOVEMBER 2025 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	4 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	5 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	6 9:00 Tai Chi Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance—Country Jim	7 10 MAYOR'S COFFEE HOUR HERE 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games
10 9 Skagit Hand Spinners 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	11 CENTER CLOSED 	12 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	13 9:00 Tai Chi Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance—Skippers	14 9 CD WA 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
17 9 SHIBA OPEN ENROLLMENT EVENT SEE FLYER FOR INFO 10 Exercise Cls 12:30 Bunco 1:30 Tai Chi for Strength 2:45 Chair Yoga	18 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 11 GIFT SHOP OPEN HOUSE 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	19 9:00 Ceramics 10 ULTRA Beg Line Dc 11:00 Writers Grp 1:30 Chair Yoga 1:00 Chess/Mex Train 230 Alzheimers support Grp 2:45 WuHao Tai Chi 4 Ballrm Dance Lessons	20 9:00 Tai Chi for Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 12 THANKS-GIVING LUNCH 1 Jolly Time Dance—Marcia K	21 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games
24 10 Exercise Cls 1:30 Tai Chi for Strength 1 BINGO 2:45 Chair Yoga	25 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	26 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	27 CENTER CLOSED THANKSGIVING 	28 CENTER CLOSED THANKSGIVING

NOVEMBER 2025 Menu

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

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

Monday

Tuesday

Wednesday

Thursday

Friday

Menu substitutions or changes are sometimes necessary.

3 Sweet & Sour Meatballs served over Rice	4 Ham and Swiss Quiche served with Peas and Carrots	5 Tomato Basil Soup served with a ½ Egg Salad Sandwich	6 Pork Roast served with Mashed Potatoes	7 Chicken Almond Casserole served with Orange Sections
10 Ginger Chicken w/ Peaches served with Asian Slaw	11 CLOSED 	12 Chicken Fried Steak served with Mashed Potatoes and Gravy	13 Fish w/ Cilantro Sauce served with Tex-Mex Salad	14 Vegetable Lasagna served with Salad and Garlic Bread
17 Bacon Cheeseburger served with Onion Rings	18 Split Pea Soup served with a ½ Turkey Sandwich	19 Chicken Caesar Salad served with Garbanzo Bean Salad	20 Thanksgiving Feast Turkey & Stuffing w/ Mashed Potatoes served with a Pumpkin Dessert	21 Cheese Omelet served with Hashbrowns and Birthday Cake
24 Meatball Chowder served with Green Salad	25 Baked Chicken Thigh served Mashed Potatoes and Gravy	26 Pork Egg Roll Bowl over Rice served with a Brownie	27 CLOSED 	28 CLOSED 

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.