

## MOUNT VERNON SENIOR CENTER

OCTOBER 2025

# IT'S DANCE TIME!! SKAGIT SWINGS BAND

## HARVEST SWING DANCE

**PUBLIC WELCOME**

**AT THE MOUNT VERNON SENIOR**

**AND COMMUNITY CENTER**

**ON FRIDAY, OCTOBER 3RD FROM 7-9PM.**

**MUSIC PROVIDED BY THE 19 PIECE SKAGIT SWINGS BAND!**

**\$15.00 ADMISSION, \$25.00/COUPLE, \$10.00 FOR STUDENTS.**

**THIS IS A FUNDRAISER FOR OUR**

**"FUTURE SENIOR AND COMMUNITY CENTER"**

**PLEASE COME , HAVE FUN, AND SUPPORT OUR EFFORTS.**

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](mailto:kristlh@co.skagit.wa.us)  
Nutrition Site Mgr  
Leslie Collings

The center does not discriminate  
against participants, clients, vol-  
unteers, or employees on the ba-  
sis of race, color, creed, religion,  
orientation, gender, identity or  
expression, age or disabilities.



Candidates for Mount Vernon City Council will  
be here for Questions and Answers at 11am,  
Monday, October 20. Please join us to learn  
more about these candidates.

**MEDICARE OPEN ENROLLMENT EVENT HERE  
COMING NOVEMBER 17. SEE FLYERS FOR AP-  
POINTMENT INFORMATION!!!**

## **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.

### **CALLING FOR MUSICIANS AND ANYONE WHO LOVES MUSIC !!**

Musicians / Listeners Invitation; please come, and join in on the 2nd and 4th Fridays 6:30 - 9 p.m with Old Time Fiddlers Jam, with your Fiddle, Guitar, Harmonica, Bass, Mandolin, Banjolin, Banjo, your voice, or other stringed instrument; we look forward to having a good time together making music at Mount Vernon Sr. Ctr, 1401 Cleveland Ave. District <https://wotfa.org/!!>

**“WHEN DEATH OCCURS”**—do you know what your options are? Important decisions can weigh heavily if not discussed before the need arises. Anna Jordan, from Kern Funeral home will host a Death Café –style discussion here Fri. Oct. 24 at 10:30am.

## **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.

## **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

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.

NEW BIBLE STUDY– We have someone who would like to start a Bible Study group. If you are interested, please stop by the office with your preferred dates and times.


### **CRAFTY CREATIONS BOUTIQUE!**

**COME IN AND CHECK OUT OUR REMODELED  
SHOP! OPEN HERE AT THE SENIOR CENTER**

**MONDAY—FRIDAY 10AM–3PM**



# OCTOBER 2025 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>1</u> 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	<u>2</u> 9:00 Tai Chi Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance—	<u>3</u> 9 CD WA 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games <b><u>SWING DANCE</u></b> <b><u>7PM</u></b>
<u>6</u> 9 Skagit Hand Spinners 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	<u>7</u> 8:30 Beg Line dance 10:00 Tapestry/Weaving 10:30 Intermed. Line dance 10:00 Cards & Games 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	<u>8</u> 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	<u>9</u> 9:00 Tai Chi Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance—	<u>10</u> 10 Exercise Cls 11 Yoga for All 12:30 PINOCHLE 12:30 Cards and Games <b>6:30 Old Time Fiddlers</b>
<u>13</u> 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	<u>14</u> 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 1:00 Advisory Bd Mtg 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	<u>15</u> 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	<u>16</u> 9:00 Tai Chi for Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance	<u>17</u> 9 CD WA 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games
<u>20</u> 10 Exercise Cls <b>11 CANDIDATES FOR MV CITY COUNCIL HERE</b> 12:30 Bunco 1:30 Tai Chi for Strength 2:45 Chair Yoga	<u>21</u> 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 115 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	<u>22</u> 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	<u>23</u> 9:00 Tai Chi for Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance	24 10 Exercise Cls <b>10:30 Discussion About Death Plan</b> 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games <b>6:30 pm Old Time Fiddlers</b>
<u>27</u> 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	<u>28</u> 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 12:30 Bunco 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	<u>29</u> 9:00 Ceramics 10 ULTRA Beg Line Dc 1:30 Chair Yoga 1:00 Chess/Mex Train 245 WuHao Tai Chi 4 Ballrm Dance Lessons	<u>30</u> 9:00 Tai Chi for Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance	<u>31</u> 9 CDWA 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games



# OCTOBER 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
		1 Potato Corn Chowder served with a ½ Deli Sandwich	2 Octoberfest Lunch Schnitzel served with Hot Potato Salad and Kraut	3 Western Frittata served with Green Salad
7 Patty Melt on Rye served with Sweet Potato Fries	6 Biscuits & Gravy served with Hashbrowns and Sausage	8 Honey Mustard Chicken served with Spinach Salad	9 Corndog Casserole served with Orange Sections	10 Hot Turkey Sandwich served with Peas and Carrots
14 Meatloaf served with Mashed Potatoes and Gravy	13 Spaghetti & Meatballs served with Green Salad	15 Tuna Sandwich served with Vegetable Salad	16 Pesto Chicken served with a Potato Medley	17 Butternut Squash Lasagna served with Bean Salad
21 Asian Chicken Salad served with Pickled Beets	20 Turkey Croissant served with Berry Cobbler	22 Salisbury Steak served with Mashed potatoes and Gravy	23 Supreme Pizza Soup served with a Brownie	24 Apricot Glazed Pork served with Citrus Couscous
28 Macaroni & Cheese w/ Beef hotdogs served with Apricots	27 Chicken Saag served with Basmati Rice	29 Pulled Pork Sandwich served with Baked Beans	30 Swiss Chicken & Stuffing served with Mashed Potatoes	31 Halloween Lunch Bats & Cobwebs Casserole served with Undead Birthday Cake

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.