

MOUNT VERNON SENIOR CENTER

MAY 2025



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 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.



Farmers' Market Benefit Cards Available

Anacortes Senior Activity Center- Monday | May 19 | 12:30 - 1:30 PM

Burlington Senior Center- Friday | May 23 | 11:00 AM - 12:00 PM

Concrete Community Center- Tuesday | May 13 | 10:30 -11:30 AM

Mount Vernon Senior Center- Monday | May 12 | 11:00 AM - 12:00

Sedro-Woolley Senior Center-Friday| May 16 | 11:00 AM - 12:00 PM

Cards will be available on a first come/first served basis. The Skagit County Senior Nutrition Program receives a limited number of cards for Skagit County seniors, age 60 years or older (55+ if Native American/Alaska Native), who meet certain income requirements. Each eligible person will receive up to \$80 to use at any approved Skagit County Farmers Market or Farm Store. Incomes must be below \$2,413 for individuals and \$3,261 for couples. You must be willing to fill out paperwork with your contact information and sign an affidavit saying you are eligible. For more information, contact Skagit County Public Health at (360) 416-1500.

PUBLIC MEETING of Skagit County

Commissioners and Mount Vernon City Council on May 28th at 5pm at the MV Police Dept Conference Room, 1800 Continental Place in MV. They will be discussing possible options for our Senior Center. Anyone that attends our Center for any activity or event is invited to attend this meeting. Talk to Kristl if you have questions.

Wear white tops to show our support.

MOTHER'S DAY LUNCHEON Thursday, May 8th
at 12 noon. Join us for a celebration in honor of
all Mothers.



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. CALL FOR APPT. 360-416-1585.

GAMES/FUN/TOPICS

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



SUPERBINGO— May 8th at 10 am FREE! Thurs. Come and join the fun and prizes.



**ALMOST THERE
SENIOR CARE**

COUNTY WIDE PINOCHLE TOURNAMENT— FRIDAY MAY 16TH AT 12:30
PLEASE RESERVE AHEAD FOR LUNCH AND TOURNAMENT.

CARDS AND GAMES! TUESDAYS @ 10am and Fri@ 12:30 PM. _Mahjong,
Canasta, Hand and Foot...WEDNESDAYS afternoon 1pm is Mexican Train,
NEW—POKER FOR FUN Wednesdays at 1pm.

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 5TH 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.

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. May 1st with Country Jim, May 8 with The Skippers, May 15 with Marcia Kester, May 22 with Lee Howard, May 29 with Rick Cooper. \$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 at 1pm.

BOB ROSS PAINTING CLASS -Julie Curry, a Bob Ross Certified Instructor will have a class on May 22 at 12:30. **SIGN UP NOW!** juliecurry2009@hotmail.com or call the senior center for more information.

MULTI– MEDIA PAINTING GROUP– Meets Thursdays at 1:15. Bring your own projects and work with other artists.

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

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



SUPPORT GROUP

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.

CRAFTY CREATIONS BOUTIQUE!

COME IN AND CHECK OUT OUR REMODELED SHOP

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

ALL HANDMADE ITEMS. WONDERFUL GIFT IDEAS!



Tulip Valley Gardeners Garden Art Show June 21-22.
Skagit County Fairgrounds
SPRING Dance following events on Saturday 4-6PM, with
SKAGIT SWINGS BAND
LIVE BIG BAND MUSIC

Come All you Dancing Friends
Admission Suggested Donation \$10
Proceeds go to Senior Center Building Fund



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

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 Cleve-
land Ave. District <https://wotfa.org/!!>

\$

**A HUGE THANK YOU TO ALL OF THE SPONSORS FOR OUR MEALS ON
WHEELS FUNDRAISER. WE RAISED OVER \$55 THOUSAND DOLLARS.**

**THANK YOU AGAIN TO ROOZEN GAARDE FOR SHARING THEIR
BEAUTIFUL TULIPS WITH US THIS YEAR FOR THE EVENT!!!!**

May 2025 ACTIVITIES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | 1 | | 1 9:00 Tai Chi for Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance 1:30 Painting Group | 2 9 CDWA 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 Pinochle 12:30 Cards & Games |
| 5 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga | 6 8:30 Beg Line dance 10:00 Tapestry/Weaving 10:30 Intermed. Line dance 10:00 Cards & Games 1:00 Advisory Bd Mtg 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi | 7 9:00 Ceramics 10 ULTRA Beg Line Dc 11 Writers Grp 1 Poker for Fun 1:30 Chair Yoga 2:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballroom Dc Lessons | 8 9:00 Tai Chi Strength 9:30 SHIBA APPTS 10 SUPER BINGO 10:15&11:15 Open Sun Tai Chi 12 Mother's Day Lunch 1 Jolly Time Dance 1:30 Painting Group | 9 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 Pinochle 12:30 Cards and Games 6:30 Old Time Fiddlers |
| 12 9 Skagit Hand Spinners 11 FARMERS MARKET VOUCHERS 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga | 13 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 | 14 9:00 Ceramics 10:ULTRA Beg Line Dc 10:30 Veterans Grp 1 Poker for Fun 1:30 Chair Yoga 2:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballroom Dc Lessons | 15 8:30 Footcare 9:00 Tai Chi Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1:00 Jolly Time Dance 1:30 Painting Group | 16 9:00 CD WA 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 COUNTY WIDE PINOCHLE TOURNAMENT 12:30 Cards and Games |
| 19 10 Exercise Cls 12:30 Bunco 1:30 Tai Chi for Strength 2:45 Chair Yoga | 20 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 | 21 9:00 Ceramics 10 ULTRA Beg Line Dc 111 Writers Grp Poker for Fun 1:30 Chair Yoga 230 Alzheimers support Grp 2:00 Chess/Mex Train 2:45 WuHao Tai Chi6pm 4 Ballroom Dc Lessons | 22 9:00 Tai Chi for Strength 9:30 SHIBA APPTS 10 Mt Baker Middle School Band Here 10:15&11:15 Open Sun Tai Chi 12:30 Bob Ross Painting Class 1 Jolly Time Dance 1:30 Painting Group | 23 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 Pinochle 12:30 Cards and Games 6:30 pm Old Time Fiddlers |
|  | 27 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 12:30 BUNCO 115 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi | 28 9:00 Ceramics 10 ULTRA Beg Line Dc 10:30 Veterans 1 Poker for Fun 1:30 Chair Yoga 2:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballroom Dc Lessons | 29 9:00 Tai Chi for Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance 1:30 Painting Group | 30 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 Pinochle 12:30 Cards and Games |

May 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 Pork Roast served with Mashed Potatoes & Gravy | 2 Beef Barley Stew served with Roasted Sweet Potatoes |
| 5 Pastrami & Swiss on a Pretzel Roll served with Sauerkraut | 6 Kaula Pig served with Cabbage Ramen Salad | 7 Salisbury Steak served with Mashed Potatoes | 8 Mother's Day Luncheon Chicken Cordon Blue served with Broccoli Grape Salad | 9 Eggplant Parmesan served with a Yogurt Parfait |
| 12 Polo Con Crema served with Spanish Rice | 13 Asian Chicken Salad served with a Fortune Cookie | 14 Lasagna served with Italian Green Beans | 15 Tuna Salad Sandwich served with a Spring Mix Salad | 16 Swedish Meatballs served with Mashed Potatoes |
| 19 Eggs Benedict served with Green Salad | 20 Beef Fajitas w/ Tortillas served with Peach Crisp | 21 Clam Chowder served with Lentil Confetti Salad | 22 Pulled Turkey & Gravy served with Mashed Potatoes | 23 Chef Salad served with a Potato Roll |
| 26 Closed  | 27 Biscuits & Gravy served with Hashbrowns | 28 Chicken & Vegetable Curry served with Basmati Rice | 29 Reuben Casserole served with Orange Sections | 30 Paella w/ Rice served with Birthday Cake |

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.