

# MOUNT VERNON SENIOR CENTER MAY 2026



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, 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 | 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   |

MORE INFORMATION  
[WWW.SKAGITSWINGS.COM](http://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



**VOLUNTEERS THANK YOU!!!!** For working the booth during the Tulip Festival Street Fair We had many people stop by for information and many are interested in supporting our programs!  
**Thank you!**

**FARMER’S MARKET VOUCHER DISTRIBUTION HERE WILL BE WED-MAY 20 FROM 12-1 and TUES-MAY 26 11-12.**

**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 pact cardio and strength, and stretching! Donation Come check it

**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.



im-  
out!

**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.



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, May 15 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. May 7 with Country Jim , May 14 with The Skippers, May 21 Marcia K, May 28 with Matt Audette and Ron Reiss of the Circle of friends.


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 up now! [juliecurry2009@hotmail.com](mailto: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**

# MAY 2026 ACTIVITIES

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
|  |  |  |  | <b>1</b> 9 CD WA<br>10 Exercise Cls<br>11 Yoga for All<br><b>12-2 Sk Co. Com Action Resource Table</b><br>12:30 Pinochle<br>12:30 Cards Games |
| <b>4</b><br>10 Exercise Cls<br>1 BINGO<br>1:30 Tai Chi for Strength  | <b>5</b> 8:30 Beg Line Dc<br>10:30 Intermed. Line dance<br>10:00 Tapestry/Weaving<br>10:00 Cards & Games<br>1:15 Tai Chi Weapons<br>2 Creative Healing<br>2:15 Yang Tai Chi  | <b>6</b><br>9:00 CeramicsGrp<br>10:ULTRA Beg Line Dc<br>11:00 Writers Grp<br>1:30 Chair Yoga<br>1:00 Chess/Mex Train<br>2:45 WuHao Tai Chi<br>4 Ballrm Dance Lessons                 | <b>7</b><br>9:00 Tai Chi Strength<br>9:30 SHIBA appts<br>10:15&11:15 Open Sun Tai Chi<br>1 Jolly Time Dance <b>Country Jim</b>                           | <b>8</b> 10 Exercise Cls<br>11 Yoga for All<br>12:30 PINOCHLE<br>12:30 Cards and Games<br><b>4-6 Fiddle Tune Wksp 6:30 Old Time Fiddlers</b>  |
| <b>11</b><br>9 Skagit Hand Spinners<br>10 Exercise Cls<br>11 WTOTW<br>11 BINGO<br>1:30 Tai Chi for Strength<br>2:45 Chair Yoga | <b>12</b><br>8:30 Beg Line dance<br>10:30 Intermed.Line dc<br>10:00 Tapestry/Weaving<br>10:00 Cards & Games<br>1 Advisory Bd Mtg<br>1:15 Tai Chi Weapons<br>2 Creative Healing<br>2:15 Yang Tai Chi  | <b>13</b><br>9:00 Ceramics<br>10 ULTRA Beg Line Dc<br>10:30Veterans<br>1:30 Chair Yoga<br>1:00 Chess/Mex Train<br>2:45 WuHao Tai Chi<br>4 Ballrm Dance Lessons                       | <b>14</b><br><b>8:30 Footcare</b><br>9:00 Tai Chi for Strength<br>9:30 SHIBA appts<br>10:15&11:15 Open Sun Tai Chi<br>1 Jolly Time Dance <b>Skippers</b> | <b>15</b><br>9 CD WA<br>10 Exercise Cls<br>11 Yoga for All<br>12:30 Pinochle<br>12:30 Cards and Games<br><b>7pm SWING DANCE</b>               |
| <b>18</b><br>10 Exercise Cls<br>1:30 Tai Chi for Strength<br>1 BUNCO<br>2:45 Chair Yoga  | <b>20</b> 8:30 Beg Line dance<br>10:30 Intermed. Line dc<br>10:00 Tapestry/Weaving<br>10:00 Cards & Games<br><b>12Farmer;s Market Voucher Distribution</b><br>115 Tai Chi Weapons<br>2 Greengirl Ceramics<br>2 Creative Healing<br>2:15 Yang Tai Chi | <b>21</b><br>9:00 Ceramics<br>10 ULTRA Beg Line Dc<br>1:11:00 Writers Grp<br>30 Chair Yoga<br>1:00 Chess/Mex Train<br>230 Alzheimers Spt<br>245 WuHao Tai Chi<br>4 Ballrm Dc Lessons | <b>22</b><br>9:00 Tai Chi Strength<br>9:30 SHIBA appts<br>10:15&11:15 Open Sun Tai Chi<br>1 Jolly Time Dance <b>Marcia K</b>                             | <b>23</b><br>10 Exercise Cls<br>11 Yoga for All<br>12:30 Pinochle<br>12:30 Cards and Games<br><b>6:30 Old Time Fiddlers</b>                   |
| <b>25</b> CLOSED<br>MEMORIAL DAY   | <b>26 Same</b><br>12:30 Bunco  | <b>27 Same</b><br><b>10:30 Veteran's</b><br><b>11 Farmer's Market Voucher Distribution</b>   | <b>28 Same</b><br><b>1 Jolly Time Dc</b><br><b>Matt Audette&amp; Ron Reiss</b>   | <b>29 Same</b>  |

# MAY2026 Menu

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

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



Monday

Tuesday

Wednesday

Thursday

Friday

|  |  |  |  |   |
|--|--|--|--|---|
|  |  |  | <b>Mother's Day Luncheon</b><br> | 1<br>Beef Barley Stew served with Roasted Sweet Potatoes    |
| 4<br>Beef Tips served with Mashed Potatoes   | 5<br>Clam Chowder served with Lentil Confetti Salad    | 6<br>Mousakka served with Greek Potatoes               | 7<br>Chicken Cordon Blue served with Broccoli Grape Salad  | 8<br>Kaula Pig served with Cabbage Ramen Salad              |
| 11<br>Polo Con Crema served with Spanish Rice  | 12<br>Tuna Salad Sandwich served with Vegetable Salad  | 13<br>Turkey & Gravy served with Mashed Potatoes       | 14<br>Lasagna served with Caesar Salad   | 15<br>Chef Salad served with Fruit Crisp                    |
| 18<br>Pastrami & Swiss on a Pretzel Roll served with Sauerkraut  | 19<br>Almond Chicken Casserole served with Green Salad | 20<br>Asian Chicken Salad served with a Fortune Cookie | 21<br>Pork Roast served with Mashed Potatoes & Gravy   | 22<br>Beef Fajitas w/ Tortillas served with Orange Sections |
| 25<br><b>Closed</b><br> | 26<br>Salisbury Steak served with Mashed Potatoes      | 27<br>Biscuits & Gravy served with Hashbrowns          | 28<br>Vegetable Lasagna served with Garlic Bread   | 29<br>Paella w/ Rice served with Birthday Cake              |

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.

## Farmer's Market Benefit Cards

Farmers' Market Benefit Cards Available  
Anacortes Senior Activity Center-

Wednesday | May 27 | 1:00 - 2:00 PM

Burlington Senior Center- Monday | May  
18 | 1:00 - 2:00 PM

Concrete Community Center- Friday |  
May 22 | 12:00 -1:00 PM

Mount Vernon Senior Center- Wednesday | May 20 | 12:00 - 1:00 PM

Mount Vernon Manor- Tuesday I May 26 I 11:00 AM - 12:00 PM

Sedro-Woolley Senior Center- Tuesday | May 19 | 11:00 AM - 12:00 PM

Swinomish Tribal Community- Wednesday I May 27 I 10:30 - 11:30 AM



Cards are available on a first-come, first-served basis. The Skagit County Senior Nutrition Program has a limited number of cards for Skagit County seniors, age 60 years or older (55+ if Native American/Alaska Native), who meet income eligibility requirements.

Eligible participants will receive up to \$80 to use at any approved Skagit County farmers market or farm store. Income must be below \$2,461 for individuals and \$3,337 for couples. Participants must complete required paperwork, including providing contact information and signing an affidavit confirming eligibility.

For more information, contact Skagit County Public Health at (360) 416-1500.

