



**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.



MOUNT VERNON SENIOR CENTE



DECEMBER 2025

UPCOMING HOLIDAY EVENTS AND CLOSURES

- **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. Harmony North West Choir Performing. Reservations required.
- **Center Closed**— Dec. 25th Christmas, Jan. 1 & 2 New Year's



CRAFTY CREATIONS BOUTIQUE!

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

MONDAY—FRIDAY 10AM-3PM

ALL HANDMADE ITEMS. GREAT GIFT IDEAS!

HARVEST SWING DANCE

PUBLIC WELCOME

AT THE MOUNT VERNON SENIOR

AND COMMUNITY CENTER

ON SATURDAY, DECEMBER 13TH FROM 1-3PM.

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”

Help Spread Some Joy This Holiday!

The Meals on Wheels program will be providing gifts to clients who may not receive gifts during the holiday season. Please help us by giving a cash donation of any amount. Donations will be accepted at all Senior Center locations through Monday, Dec.15.

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. Dec.12th. 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 1-3:30. 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.

EVERY LIFE IS A STORY, AND EVERY STORY IS WORTH TELLING. Have you thought about telling yours? Local author, Cheryle Coapstick, was challenged to write her family story for her grandchildren. Little did she realize others would be interested. She is still writing! She would love to share her writing journey and books with you. Join us on Mon. Dec. 15 at 10:30am,

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

ANNA JORDAN FROM KERN FUNERAL HOME will be at the Mount Vernon Senior Center every 4th Friday from 10:30-noon starting Jan. 23 holding funeral pre-planning open office hours. Anna will be available to field any questions and provide answers to things you didn't even know to ask.



SKAGIT COUNTY COUNCIL ON AGING IS A RECIPIENT OF HAGGEN'S SEASON OF SHARING FUNDRAISING CAM-

PAIGN THIS YEAR! You can be a part of it, too! All you have to do is make a donation during checkout at the Burlington Haggen location from November 19th through December 31st. Contributions will directly benefit Skagit County Meals on Wheels and support the health and well-being of homebound seniors in our community.



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 \$5.00. Dec 4th with Country Jim, Dec 11 with The Skippers. Holiday Skagit Swings Dance Sat. Dec. 13th 1-3pm

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

SENIOR CENTER ADVISORY BOARD MEETING The 2nd Tues of each mo.pm.

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 –Dec. 10, 1-3:30 pm! Julie Curry, a Bob Ross Certified Instructor. Sign up now! January class is scheduled for 1/14 1-3:30 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.

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 Monday 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.

DECEMBER 2025 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1 10 Exercise Cls 1 BINGO 1 Bible Study 1:30 Tai Chi for Strength 2:45 Chair Yoga	2 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	3 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	4 9:00 Tai Chi Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance—Country Jim 1 NARFE Health Fair	5 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games
8 9 Skagit Hand Spinners 10 Exercise Cls 11 WTOTW 1 BINGO 1 Bible Study 1:30 Tai Chi for Strength 2:45 Chair Yoga	9 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	10 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	11 9:00 Tai Chi Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance—Skippers	12 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
15 10 Exercise Cls 12:30 Bunco 1 Bible Study 1:30 Tai Chi for Strength 2:45 Chair Yoga	16 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	17 9:00 Ceramics 10 ULTRA Beg Line Dc 11:00 Writers Grp 1:30 Chair Yoga 1:00 Chess/Mex Train 230 Alzheimers Spt 2:45 WuHao Tai Chi 4 Ballrm Dance Lessons	18 9:00 Tai Chi for Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 12 Christmas Luncheon	19 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games
22 10 Exercise Cls 1:30 Tai Chi for Strength 1 BINGO 1 Bible Study 2:45 Chair Yoga	23 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	24 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	25 CENTER CLOSED Merry Christmas 	26 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games
29 10 Exercise Cls 1:30 Tai Chi for Strength 1 BINGO 1 Bible Study 2:45 Chair Yoga	30 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 12 Creative Healing 2:15 Yang Tai Chi 15 Tai Chi Weapons	31 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	January 1, 2026 CENTER CLOSED 	January 2, 2026 CENTER CLOSED 

DECEMBER 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 Orange Chicken Steamed Rice Asian Vegetable Coleslaw Fortune Cookie	2 Western Frittata Oregon Bean Blend Green Salad Mixed Berries	3 Milanese Minestrone Soup Caesar Salad White Bean-Salad Lemon Custard Bars	4 Salisbury Steak Mashed Potatoes & Gravy Broc/Cauli Salad Roll	5 Chef Salad Sun Chips Hearty Roll Grapes
8 Deluxe Cheeseburger Green Salad Baked Potato Salad Blueberry Yogurt Parfait	9 Chicken Cacciatore Herbed Noodles Broccoli Garlic Bread	10 German Sausage Baked Beans Roasted Potato Medley Pretzels	11 Lemon Chicken Citrus Couscous Key West Blend Veg Green Salad Peach Crisp	12 Tuna Sandwich Cup of Tomato Soup Spring Mix Salad
15 Aztec Pork & Veg Steamed Rice Kale Salad Pineapple Salsa	16 Broccoli Cheese Soup $\frac{1}{2}$ Sandwich Copper Pennies Salad	17 Baked Ham Au Gratin Potatoes Oregon Bean Medley	18 Christmas Luncheon Roast Beef Garlic Mashed w/ Gravy Brussel Sprouts Ambrosia Festive Dessert	19 Chicken Divan Served with Mixed Salad Greens
22 Baja Fish Sticks Kickin' Tater Tots Cilantro Lime Coleslaw Tortillas	23 Hawaiian Chicken Sand Onion Rings Spinach Salad	24 Pork Tips in Gravy Mashed Potatoes Garden Blend Veggies	25 CLOSED 	26 Sloppy Jos w/ cheese Sweet Potato Fries Cook's Choice Vegetable Birthday Cake
29 Hot Turkey Sand Mashed Potatoes & Gravy Cottage Cheese & Fruit	30 Chili Cheese Baked Potato Broccoli Apple Crisp	31 Mediterranean Chicken Seasoned Rice Caesar Salad Turtle Squares	January 1, 2026 CLOSED 	January 2, 2026 CLOSED 