

MOUNT VERNON SENIOR CENTER

JULY 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.



4th of July Lunch Thursday, July 3rd at 12 noon.
Join us for a celebration in honor of our
Country's Birth

**Highland Games are at the fairgrounds on the 12th
and 13th. We will be parking cars in the Park so the
weekend will be busy. Weekend groups please take
note. Thank you.**

**NEW ABSOLUTE BEGINNER LINE DANCE LESSONS— Bo-
nus 9 Weeks Monday, June 2-July 28 at 10am-noon.**
\$60 pp for all. You know you want to take this class!!
Wear smooth soled shoes, Kathy has shoe covers if
you don't have. There is room in the class so bring a
friend!!

CENTER CLOSURES COMING UP:

JULY 4, 2025 FOR INDEPENDENCE DAY

September 1, 2025 FOR LABOR DAY



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/!!>

GAMES/FUN/TOPICS

NEW!! 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, **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.

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

NEW 8 WK **ABSOLUTE** BEGINNER LINEDANCE-Begins Wed June 2 \$60

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. July 3 with Ann & Dean, July 10 with Country Jim, July 17 with Lee Howard, July 24 with Rick Cooper, July 31 with Marcia Kester. \$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 schedule another class when she has enough students. **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 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



JULY 2025 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1 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	2 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	3 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	4 CLOSED 
7 9 Skagit Hand Spinners 10 Absolute Beginner Line Dance 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	8 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	9 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	10 9:00 Tai Chi Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance 1:30 Painting Group	11 9 CD WA 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 PINOCHLE 12:30 Cards and Games 6:30 Old Time Fiddlers
14 10 Exercise Cls 10 Absolute Beginner Line Dance 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	15 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	16 9:00 Ceramics 10 ULTRA Beg Line Dc 111 Writers Grp 1 Poker for Fun 1:30 Chair Yoga 230 Alzheimers support Grp 2:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballroom Dc Lessons	17 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	18 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 Pinochle 2:30 Cards and Games
21 10 Exercise Cls 10 Absolute Beginner Line Dance 12:30 Bunco 1:30 Tai Chi for Strength 2:45 Chair Yoga	22 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	23 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 Ballroom Dc Lessons	24 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	25 9 CD WA 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 Pinochle 12:30 Cards and Games 6:30 pm Old Time Fiddlers
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JULY 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 Chicken Divan served with Peaches	2 Chef Salad served with Fruit and Wheat Roll	3 Pulled Pork Sandwich served with Baked Beans	4 CLOSED 
7 Mac & Cheese w/ Kielbasa served with Spinach Salad	8 Salisbury Steak served with Mashed Potatoes and Gravy	9 Aztec Pork w/ Spanish Rice served with a Lemon Bar	10 Pesto Chicken served with Smashed Baby Bakers	11 Fish in Cilantro Sauce served with Bean Salad
14 French Dip Sandwich served with a Brownie	15 Baked Ham served with Au Gratin Potatoes	16 Butternut Squash Lasagna served with Pineapple	17 Beef Tips served with Mashed Potatoes and Gravy	18 Country Pork & Kraut served with a Soft Pretzel
21 Pub Battered Fish served with Coleslaw	22 Mushroom Swiss Burger served with Onion Rings	23 Turkey w/ Gravy served with Mashed Potatoes	24 Moroccan Chicken Soup served with Pepperoni Salad	25 Stuffed Pepper Cups served with Birthday Cake
28 Pork Roast served with Mashed Potatoes and Gravy	29 Tarragon Chicken served over Herbed Pasta	30 Beef in Peanut Sauce served with Mandarin Oranges	31 Turkey Croissant served with a Bar Cookie	

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.