

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

360-336-0954 (FAX)

www.skagitcounty.net/seniorcenters

Senior Center Coordinator

Kristl Torset

kristlt@co.skagit.wa.us

Nutrition Assistant

Darlene Landdeck

darlenel@co.skagit.wa.us

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.

Inside this issue:

- Page 2 2018 Bowling Bash
Page 3 March for Meals, Games,
Page 4 Exercise & Tai Chi Classes Meetings
Page 5 FYI, Are You Interested
Page 6 Calendar of Events, Evening Meetings
Page 7 Lunch Menu, Lunch Music, Birthdays, Crafts & Hobbies,
Page 8 Trips, Downsizing Class



AARP Tax Preparation Program

AARP TAX PREPARERS will be here from now thru April 13th on MONDAYS and FRIDAYS from 10:00 am to 1:30 pm. Call the office @ 360-416-1585 for an appointment WHICH IS necessary. The following items needed:

- 1. Social Security Cards for all individuals who are listed on the return. IF YOU DON'T HAVE A SOCIAL SECURITY CARD, GO TO THE SOCIAL SECURITY OFFICE LOCATED ON COLLEGE WAY AND ASK FOR A COPY OF THE CARDS NEEDED.
2. Photo ID for all listed on return
3. Copy of last's return
4. All income statements (W2, 1099, K-1, etc.)
5. PROOF OF MEDICAL INSURANCE
6. Documents that support an itemized tax return (medical bills, premiums, charitable decuctions, and property taxes)
7. If you are expecting a refund you should bring your checkbook so they can get your Bank routing # & your account #. Things that are out of scope for this program include: Business losses, Depreciation, and Married-Filing Separately.

IF YOU DO NOT SPEAK ENGLISH AND NEED AN INTERPRETER, BRING AN INTERPRETER WITH YOU AS ONE WILL NOT BE PROVIDED!

Burlington Senior Center (360-755-0102) offers tax help too on Tuesdays!



Please, join us for our Annual St Patrick's Day Luncheon on Thursday, March 15th. And join us again on Thursday, March 29th for our Annual Easter Luncheon.



The sign up sheets for both luncheons are located on the Host/Hostess desk.



VOLUNTEERS NEEDED!!!

THE CENTER IS IN NEED OF VOLUNTEERS FOR THE GIFT SHOP ON MONDAY Noon - 3:30: TUESDAY Noon-3:30. PLEASE CONTACT KRISTL AT (360) 416-1585. FOR KITCHEN AND MEALS ON WHEELS DELIVERY! PLEASE CONTACT DARLENE AT (360) 416-1585.



ATTENTION SENIORS: NO PARKING between the pole & the stop sign on Hazel St. & Cleveland this a loading/unloading zone, the sign is gone because someone keeps taking it. There is a Disabled parking space in front of the Center (on Cleveland) & in the parking lot next to the trash bin.



# 2018 BOWLING BASH FUNDRAISER



Riverside Lanes, Mount Vernon  
Saturday, March 24, 1—3:30pm

### What is a Bowling Bash?

An annual fundraiser for Skagit County Meals on Wheels program. The Bowling Bash includes 2 games of bowling, food, refreshments & prizes! Teams pay a \$250 entry fee & are encouraged to raise additional donations for Meals on Wheels.

### What is Meals on Wheels?

Meals on Wheels provides Skagit County seniors with a daily, home-delivered hot meal.

Ready to **join** the fun?

Donate today!

The Bowling Bash needs **your** help and looking for:

Bowling Teams \* Door prizes donations \* Monetary donations

## COUNT ME IN!!

NAME: \_\_\_\_\_

BUSINESS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

I'd like to support Meals on Wheels by participation in March for Meals fundraiser by:

Sponsoring a Bowling Bash Team for \$250 per team of four.

Send in this form with payment or check here  if you prefer to receive an invoice.

Donating a door prize for the Bowling Bash or raffle basket.

Description: \_\_\_\_\_

Submit this form, and a March for Meals volunteer will contact you.

I'd like to make a donation to March for Meals in the following amount

\$1,000 Platinum  \$500 Gold  \$250 Silver  \$100 Bronze  other \_\_\_\_\_

Please make checks payable to: Meals on Wheels

Submit this form (and check if applicable) to:

By Mail: Anacortes Senior Activity Center 1701 22nd Street Anacortes, WA 98221

In Person: Drop off at any Skagit County Senior Center

By Fax: 360-293-78345\

By Email: [bowlingbach@comcast.net](mailto:bowlingbach@comcast.net)

Visit [BowlingBash.org](http://BowlingBash.org) for more information or

Like us on [Facebook.com/mfmbowlingbash](https://www.facebook.com/mfmbowlingbash)

## MARCH FOR MEALS

In 2017, Meals on Wheels served approximately 145,000 meals to over 3,150 Skagit County Seniors. Of those meals, 85,000 were delivered to homes. If you or someone you know is interested in receiving services from Meals on Wheels, please call (360) 416-1500.

The Meals on Wheels program relies on community support to be able to continue to offer this vital service and will soon begin its 14<sup>th</sup> Annual March for Meals campaign to raise funds and awareness of the need. March for Meals has several ways the community can provide support.

### **Bowling Bash – March 24**

New for 2018, the Bowling Bash is to be at Riverside Lanes in Mount Vernon. This will lower costs and increase funds for Meals on Wheels, and its larger size provides opportunities to enhance the program for bowlers. Have fun while helping raise money for Meals on Wheels by sponsoring a team of four bowlers who will enjoy two games of bowling, food, refreshments and prizes! The team entry fee is \$250 and team members are encouraged to raise additional funds by asking for donations from family, friends and colleagues. Door prizes will be awarded throughout the event, in addition to prizes awarded to the top three fundraising teams! Don't have a team? No problem! Sponsor a team for \$250 and we will find deserving bowlers for you!

### **Wii Bowling Bash – March 14**

Not a fan of standard bowling? Sponsor a Wii bowling team instead or join a team that has a sponsor. The Wii Bowling Bash will include the same fun and prizes as with the standard Bowling Bash event! Chandler's Square is this year's Wii Bowling Bash event.

### **March for Meals Donations**

Local businesses, organizations and individuals can make donations and be recognized at the Anacortes Senior Activity Center at the following levels: Platinum - \$1,000, Gold - \$500, Silver - \$250, Bronze - \$100. Donations of any amount are welcome. In 2017, donations of under \$100 were made by 201 donors, contributing over \$7,000 to Meals on Wheels! Every dollar makes a difference in providing meals for local seniors.

Visit [www.bowlingbash.org](http://www.bowlingbash.org) for more information on any of the March for Meals activities, or call Sally Hill at the Anacortes Senior Activity Center for more information (360) 293-7473.

## GAMES

**“31” Gamers** meet the 1st Monday (**MARCH 5TH**) @ 1 pm.

**Sizzlin Shakers** meet on the 2nd Monday (**MARCH 12TH**) @ 10am

**Dacey Dames** meet on the 3rd Monday (**MARCH 19TH**) @ 12:30pm

**Dacey Divas Bunco Gals** meet on the 4th Tuesday (**MARCH 27TH**) @ 12:30pm.

**Duplicate Bridge** - Every Thursday @ 11:30am

**Pinochle** - Every Friday 12:45pm

**Ping Pong**-If you are interested in playing ping pong with other seniors; come to the **Office**.

**Pool Table** we do have a regulation pool table and invite anyone interested in playing feel free to do so. As long as their isn't a meeting going on at the time you want to play.

## CLASSES

**LINE DANCING**— all levels welcome. Every Tuesday beginning at 8:30

**UKULELE FUN and SONG CIRCLE** -Wednesdays at 1 pm

**“Very Beginner Computer Classes”** with Betsy “C” from the Mount Vernon City Library is on **March 8 & 15** from 10:00 –11:30 am. Class will be held even if NOT full!! If no one shows up, then no class. Please, sign the sheet on the bulletin board outside the office.

## EXERCISE AND TAI CHI CLASSES

**EXERCISE CLASS** is a low impact form of exercise which is offered every Monday & Friday at 10 am

**FLOWING MOTION EXERCISE (Qigong)** Wednesdays from 1:30-3pm. Cost is free (donations are welcome) for more information call 360-336-9710 leave a message. "Take home" easy to learn movements to gain and become a better you!

**Tai Chi** (with Camille Drotts) **Thursday 9AM Tai Chi for Strength & Balance**— Sun Style Tai Chi ...learning to connect our mind to our body through movement using Tai Chi principles. Becoming aware of our Balance starting at our feet up to our head making gravity our friend over time.

**North Cascade Tai Chi** (with Larry Braniff) is a traditional, full system school of Sun and Yang Styles of Tai Chi. The term traditional refers to how the Tai Chi is offered and taught. **Mondays 2pm; Wednesdays 9:50am; and Thursdays 4pm.**



## MEETINGS

**CRONE MEETING** "Crones" is a fun discussion group for older women. (It has nothing to do with Crohn's Disease.) Traditionally women have three stages to their lives: maiden, mother, and crone (wise woman). At Crones, we gather together to share memories, experiences, opinions, and wisdom on topics chosen by each member in turn. We encourage equality, diversity, and personal empowerment. We meet at the Mount Vernon Senior Center phone (360-416-1587) on each 2nd & 4th (**MARCH 13TH & 27TH**) Tuesday at 9:30 AM. We do not charge dues, and membership is informal. Call Kristine Kuhns at 360-424-1251 for more information.

**FOOTCARE CLINICS** Footcare Cost \$24 & Nail Care \$6. Donna and Lynn will be here on **Thursday, (MARCH 8TH & 22ND)** **NO WALK INS!** Please, remember to bring a towel for drying your feet.

**OLD TIME FIDDLERS** always meet the 2nd Friday (**MARCH 9TH**) and on the 4th Friday (**MARCH 23RD**) @ **6:30pm**, public is welcome. If you play & would like to join, please, come play with the Old Time Fiddlers. Old Time Fiddlers will be playing during lunch on the 2nd Monday (**MARCH 12TH**) from **11:30am—12:30pm**.

**SVWA Spinner's Group** meet every month on the 3rd Monday. During tax season Spinners will not be meeting here at the Center. For more information or questions please email [skagitspinners@skagitvalleyweaversguild.org](mailto:skagitspinners@skagitvalleyweaversguild.org) to find out where we'll be meeting over the next 3 months.

**VALLEY MAD HATTERS** is a registered chapter of the Red Hat Society. We will be gathering on the second Tuesday (**MARCH 13th**) @ **12:30pm** for our monthly business gathering. Again on the third Tuesday (**MARCH 20th**) @ **11am** at the Farmhouse for Vice-Queen Sandy's birthday lunch. If you would like to join us or have any questions about the Red Hat Society you can phone Queen Mell Rose @ 360-899-8499 OR Vice-Queen Julie @ 360-421-3346 OR you can e-mail us [ValleyMadHatters@yahoo.com](mailto:ValleyMadHatters@yahoo.com). We wish **Vice-Queen Sandy Tate** a very Happy Birthday on March 25th.

**\*\*\* SNOW DAY REMINDER\*\*\*** When it is snowing phone the Center (360-415-1585) Kristl will have a message on the phone if the Center is closed due to the snow. Depending on road conditions the Center will determine if it is safe for MOW drivers to deliver meals. We appreciate your understanding; as we all want everyone to be safe.

**2018 BIRTHDAY LIST** I am updating the 2018 birthday list for the newsletter. If your birthday didn't appear in the newsletter in 2017; please come by the office and leave your full name and date of birth. I promise not to miss it in 2018. Thanks, Mell Rose

**AARP DRIVER'S CLASS** will be **APRIL 26 & 27** from **9am to 1pm**. Call or come by the office to sign up. The fee is \$17 for AARP members and \$20 for non-members. Space is limited so reserve your spot now!

**ATTENTION SENIORS:** All Senior Centers are now under Skagit County Department of Public Health. The new website for the Senior Centers is: [www.skagitcounty.net/seniorcenters](http://www.skagitcounty.net/seniorcenters).

**FACEBOOK ACCOUNT** here is our (Mount Vernon Senior Center) link...come check out our page.... [www.facebook.com/MountVernonSeniorCenter](http://www.facebook.com/MountVernonSeniorCenter).

**GIFT SHOP:** Our Gift Shop is open Mondays 10-2; Tuesdays 10-12, Thursdays 10-2, and Fridays 10-3. If closed ask in Office & someone will open it for you.

**GROCERY BAGS:** The Senior Center is in need of grocery bags. You can flatten them or just put in a bag and bring them to the Center. Thank you, Lois Angle for flattening the bags as we get them.

**LIBRARY:** Our library is open daily when the center is open. We have a good variety of most books but could use more mysteries and novels. Thank you, Julie Rohweder for keeping our Library neat and organized.

**LOST & FOUND!** Please, bring items that are missing an owner to the office; while there check the box if you are missing something!

**VALUE VILLAGE** is now offering 30% off on all purchases made on Tuesdays for Seniors 55+. Happy Shopping, Seniors!!!!

**\*\*\*PLEASE NO PARKING IN THE NEW BUSINESS PARKING LOT ACROSS THE STREET!** The owner of the cabinet business across the street has asked that we stop using his parking lot because he needs all the spaces for his customers, his employees and his deliveries. Thank you for cooperating with him.

**\*\*\*If you have not purchased your tickets for the KIWANIS' SALMON BARBEQUE** being held from March 31st thru April 22nd 11am– 7pm you are in luck the Salmon Barbeque Committee will be meeting here in our Craft Room March 2nd & 16th. Please, knock on the

## ARE YOU INTERESTED

Sign up sheets are located on the bulletin board outside the office for:

1. **COLOR ME CALM:** An adult coloring group. with James Jacob 360-+299-2901
2. **WOODCARVING:** A 3 hour Beginner Wood Carving Class with Rod Randles 425-422-8833
3. **GAMES:** Playing Mexican Train, Hand & Foot, or something else.
4. **BIBLE STUDY:** A non-denominational bible study; dates & times to be announced at a later date.

**MOUNT VERNON SENIOR CENTER (360) 416-1585  
MARCH 2018 EVENTS CALENDAR**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge 12 LUNCH 4 North Cascades Tai Chi	10 AARP Taxes 10 Exercise 12 LUNCH 12 Salmon BBQ Committee Meeting 12:45 Pinochle
5	6	7	8	9
9 Ceramics 9-10 Floor Yoga 10 Exercise 10- AARP Taxes 12 LUNCH 1 "31" Gamers 1 Free BP Checks 1-2 Chair Yoga 2 North Cascades Tai Chi	6:45 Toastmaster 8:30 Begin Line Dance 10 Yarn Craft 10 Hi Begin Line Dance 12 LUNCH 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	9 Ceramics 9:50 North Cascades Tai Chi 12 LUNCH 1 Watercolor 1 Ukulele class 1:30-3 Flowing Motion Exercise	8:30 Footcare 9 Tai Chi Level I 10-11:30 Beginners Computer Class 10 Clog Dancing 11:30 Duplicate Bridge 12 LUNCH 1-3 Skagit Writers' League 4 North Cascades Tai Chi	10 AARP Taxes 10 Exercise 12 LUNCH 12:45 Pinochle  6:30 Fiddlers
12	13	14	15	16
9 Ceramics 9-10 Floor Yoga 10 Exercise 10 Sizzlin Shakers Bunco 10 AARP Taxes <b>12 LUNCH Music by Old Time Fiddlers</b> 1 Free BP Checks 1-2 Chair Yoga 2 North Cascades Tai Chi	6:45 Toastmaster 8:30 Begin Line Dance 9:30 Crone Group 10 Yarn Craft 10 Hi Begin Line Dance 12 LUNCH 12:30 Valley Mad Hatters 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	9 Ceramics 9:30 ADVISORY BOARD MTG 9:30 PTSD for Vets 9:50 North Cascades Tai Chi 12 LUNCH 1 Watercolor 1 Ukulele class 1:30-3 Flowing Motion Exercise	9 Tai Chi Level I 10-11:30 Beginners Computer Class 10 Clog Dancing 11:30 Duplicate Bridge <b>12 ST PATRICK'S LUNCHEON</b> 1 DOWNSIZING Workshop 2-4 Keiser Permanente 4 North Cascades Tai Chi	10 AARP Taxes 10 Exercise 12 LUNCH 12 Salmon BBQ Committee Meeting 12:45 Pinochle
19	20	21	22	23
9 Ceramics 9-10 Floor Yoga 10 Exercise 10 AARP Taxes 12 LUNCH 12:30 Dicey Dames Bunco 1 Free BP Checks 1-2 Chair Yoga 2 North Cascades Tai Chi	6:45 Toastmaster 8:30 Begin Line Dance 10 Yarn Craft 10 Hi Begin Line Dance 12 LUNCH 1 SCOA 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers 2 Floral Design	9 Ceramics 9:50 North Cascades Tai Chi <b>11:15 LUNCH music by the Hometowners</b> 1 Watercolor 1 Ukulele class 1:30-3 Flowing Motion Exercise	8:30 Footcare 9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge 12 LUNCH 4 North Cascades Tai Chi	10 AARP Taxes 10 Exercise 12 LUNCH 12:45 Pinochle  6:30 Fiddlers
26	27	28	29	30
9 Ceramics 9-10 Floor Yoga 10 AARP Taxes 10 Exercise 12 LUNCH 1 Free BP Checks 1-2 Chair Yoga 2 North Cascades Tai Chi	6:45 Toastmaster 8:30 Begin Line Dance 9:30 Crone Group 10 Yarn Craft 10 Hi Begin Line Dance 12 LUNCH 12:30 Dicey Divas Bunco Gals 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	9 Ceramics 9:30 PTSD for Vets 9:50 North Cascades Tai Chi 12 LUNCH 1 Watercolor 1 Ukulele class 1:30-3 Flowing Motion Exercise	9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge <b>12 EASTER LUNCHEON</b> 4 North Cascades Tai Chi	10 AARP Taxes 10 Exercise 12 Birthday LUNCH 12:45 Pinochle

**EVENING MEETINGS AT MOUNT VERNON SENIOR CENTER**

AA	Weds 7pm		
AL Anon	Weds & Fri 7pm		
Blade Runners	Fri and Sun		
Dahlia Society Meeting	1 <sup>st</sup> Thurs 6:30pm		
Faceting	3 <sup>rd</sup> Sat 9am		
Highland Dancers	Wed 3pm		
MV Plant Society	1 <sup>st</sup> Tues 6:30pm		
Old Time Fiddlers	2 <sup>nd</sup> Fri 7 pm, 4 <sup>th</sup> Fri 6:30; 2nd Monday Lunch 11:30-12:30		
Pink Ladies AA Mtg	Tues 5-8		
Retired Foresters Meeting	4 <sup>th</sup> Thurs 7pm		
Round Dancing	Sun-Tues & Thurs 5-10pm		
Senior Center Tai Chi	Tues & Thurs 4:30-5:45pm		
Skagit Rock and Gem	1st Sat 10am		
Skagit Squares	Tues 7pm		
Skagit Squares	3 <sup>rd</sup> Sat 6:30pm	Skagit Writer's League	4 <sup>th</sup> Thurs 6:30pm
Sweet Adeline's	Mon 6:30pm	Toastmasters	Tues. 6:45am

## MARCH 2018 – Client Menu

Anacortes 293-7473, Burlington 755-0102, Clear Lake (Wednesday), Mount Vernon 416-1585,  
Mount Vernon Manor (Friday), Sedro Woolley 855-1531

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Chicken Sandwich served with a Macaroni Salad	2 Beef Pot Pie served with Roasted Potatoes
5 Glazed Baked Chicken served with an Oriental Green Salad	6 Beef Fajitas served with a Cilantro Lime Coleslaw	7 Pork Roast served with Mashed Potatoes	8 Broccoli Cheese Soup served with a ½ Deli Sandwich	9 Swiss Chicken & Stuffing served with Garlic Bread
12 Country Pork & Kraut served with a Macaroon	13 Lemon Chicken Tagine served with a Peach Cobbler	14 Chili Cheese Baked Potato served with a Roll	15 <b>St Patrick's Day Lunch</b> St. Patty's Day Casserole served with a Pistachio Dessert	16 Coconut Curry Fish & Rice served with Mango
19 Mushroom Swiss Burger served with Onion Rings	20 Biscuit & Sausage Gravy served with Potatoes Romanoff	21 Chicken Cacciatore served with a Caesar Salad	22 Vegetable Quiche served with a Bean Salad	23 Ginger-Soy Pork served with a Sweet Potato
26 Beef Taco Salad served with Corn Bread	27 Hungarian Mushroom Soup served with ½ Sandwich	28 Salisbury Steak served with Mashed Potatoes	29 <b>Easter Luncheon</b> Baked Ham served with Scalloped Potatoes and a Holiday Dessert	30 Breaded Fish Florentine served with a Cabbage Ramen Salad and Birthday Cake

\*All meals include a vegetable, salad and/or fruit, dinner roll or specialty bread and milk. Menu substitutions or changes are sometimes necessary. Thank you for your understanding.

### MARCH BIRTHDAYS

Floyd Hagman	3		Sandy Guthrie	17
Ione Schlagel	3		Darlene Landdeck	18
Dannie Morris	10		Marla Beaufort	18
Julie A Sprouse	11		Gus Stern	18
JoAnn Corfman	12		Mary Kiesel	20
Judi Spridgen	14		Colleen Casey	22
Cheyenne Shepard	16		Dot Hagman	27

### LUNCH MUSIC for MARCH @ 11:30

Monday 12th  
**Old Time Fiddlers**

Wednesday, 21st  
**Hometowners**

### CRAFTS AND HOBBIES

**CERAMICS** meets Mondays & Wednesdays at 9AM. New students are welcome. No experience necessary. Come and make some friends.

**WATERCOLOR PAINTING GROUP** meets every Wednesday at 1 PM. All Mediums.

**KNIT AND CROCHET GROUP** (Yarn Craft) meets Tuesdays at 10 AM. New Crafters are always welcome, experienced or not. An instructor is available for help.

## TRIPS

Trips often fill up fast so be sure to register early. Registration forms are available at all Skagit County Senior Centers. Please pay with check or cash when you register to hold your spot; credit/debit cards are not accepted at this time. **Payment is non-refundable.** Unless otherwise noted, travel will be in Recreation Without Borders vans. The departure times listed are for the Anacortes Center. The vans will also make a stop at the Burlington Senior Center. Bring money for food and purchases. Wear weather appropriate clothing and comfortable sturdy, walking shoes. And of course don't forget your camera!

**Notes:** Min.: 8 Max.:10

**Trip Leaders:** Lauren Woodmansee and staff

Second van may be available

Fee includes \$10.00 SCSC administration

**Please check with the Office for upcoming trip information.**

\*\*\*If a trip is full, I can put them on a waiting list... if there is room on a trip, I can put their names on the list to hold a spot for them for a few days until they can get payment to us. I really hate to disappoint people, and it is just always best to call first. For more information on trips call **Lea @ Anacortes Senior Activity Center @ (360) 293-7473.**

### Seattle Underground Tour and Sky View Observatory

On Wednesday, March 14, visit two of Seattle's most unique, historical and hysterical attractions. First, enjoy a humorous stroll through Seattle's original downtown through a underground, time-capsule view of life prior to the Great Fire of 1889. After the tour, enjoy a no-host lunch at one of the many Pioneer Square restaurants and perhaps peruse some of the area's wonderful shops. Following lunch, visit the Sky View Observatory in the Columbia Building and enjoy a stunning view of Mt. Rainier, the Cascades, the Olympics, Mt. Baker, Elliot Bay, the Space Needle and Seattle.

Leave Anacortes at 8 a.m. and return at 5 p.m.

leave from Burlington at 8:30 a.m. and return at 4:30 p.m.

cost is \$79.

**Register by Wednesday, March 7.**

### New Day Northwest and Safeco Field Tour

On Wednesday, April 4, join host Margaret Larson and the audience at *New Day Northwest* to celebrate with various guests, authors, musicians, fitness and health experts, celebrities and sports stars. Afterward, walk over to Henry's Tavern for a no-host lunch. Then stroll to Safeco Field for a tour of home of the Seattle Mariners. Bring your camera and take a behind the sense tour, where you will see areas normally restricted to the public, including the Press Box, Owners Suite, Field, Dugouts, Visitors Clubhouse, All-Star Club, and more.

Leave Anacortes at 6:30 a.m. and return at 3:45 p.m.

Leave from Burlington at 7:15 a.m. and return at 3 p.m.

The cost is \$68.

**Register by Wednesday, March 28.**



## Downsizing Class

Thursday, March 15<sup>th</sup> 1pm

March Topic: Break the Emotional Ties

Are you having a hard time letting go of things? Do you find yourself wanting to keep things that you no longer need or use because they have a sentimental connection? Come join us and learn how to break the emotional ties that are binding you to your things.

We will look at a few different techniques that we can use to break these connections while trying to learn techniques that will keep us from attaching to new things.

Come join us, learn some new skills to add to your tool chest and meet some great people who are also working on the downsizing process.

Each class will begin with a 15 minute downsizing basics demonstration for new students, we will spend 30 minutes on the new material and a final 15 minutes on questions.

Presented by Angie Bossarte, MSPM, Realtor and Senior Downsizing Advocate  
360-708-8673



**MOUNT VERNON SENIOR CENTER (360) 416-1585  
MARCH 2018 EVENTS CALENDAR**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge 12 LUNCH 4 North Cascades Tai Chi	10 AARP Taxes 10 Exercise 12 LUNCH 12 Salmon BBQ Committee Meeting 12:45 Pinochle
5	6	7	8	9
9 Ceramics 10 Exercise 10- AARP Taxes 12 LUNCH 1 "31" Gamers 1 Free BP Checks 2 North Cascades Tai Chi	6:45 Toastmaster 8:30 Begin Line Dance 10 Yarn Craft 10 Hi Begin Line Dance 12 LUNCH 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	9 Ceramics 9:50 North Cascades Tai Chi 12 LUNCH 1 Watercolor 1 Ukulele class 1:30-3 Flowing Motion Exercise	8:30 Footcare 9 Tai Chi Level I 10-11:30 Beginners Computer Class 10 Clog Dancing 11:30 Duplicate Bridge 12 LUNCH 1-3 Skagit Writers' League 4 North Cascades Tai Chi	10 AARP Taxes 10 Exercise 12 LUNCH 12:45 Pinochle  6:30 Fiddlers
12	13	14	15	16
9 Ceramics 10 Exercise 10 Sizzlin Shakers Bunco 10 AARP Taxes 12 LUNCH Music by Old Time Fiddlers 1 Free BP Checks 2 North Cascades Tai Chi	6:45 Toastmaster 8:30 Begin Line Dance 9:30 Crone Group 10 Yarn Craft 10 Hi Begin Line Dance 12 LUNCH 12:30 Valley Mad Hatters 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	9 Ceramics 9:30 ADVISORY BOARD MTG 9:30 PTSD for Vets 9:50 North Cascades Tai Chi 12 LUNCH 1 Watercolor 1 Ukulele class 1:30-3 Flowing Motion Exercise	9 Tai Chi Level I 10-11:30 Beginners Computer Class 10 Clog Dancing 11:30 Duplicate Bridge 12 ST PATRICK'S LUNCHEON 1 DOWNSIZING Workshop 2-4 Keiser Permanente 4 North Cascades Tai Chi	10 AARP Taxes 10 Exercise 12 LUNCH 12 Salmon BBQ Committee Meeting 12:45 Pinochle
19	20	21	22	23
9 Ceramics 10 Exercise 10 AARP Taxes 12 LUNCH 12:30 Dicey Dames Bunco 1 Free BP Checks 2 North Cascades Tai Chi	6:45 Toastmaster 8:30 Begin Line Dance 10 Yarn Craft 10 Hi Begin Line Dance 12 LUNCH 1 SCOA 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers 2 Floral Design	9 Ceramics 9:50 North Cascades Tai Chi 11:15 LUNCH music by the Hometowners 1 Watercolor 1 Ukulele class 1:30-3 Flowing Motion Exercise	8:30 Footcare 9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge 12 LUNCH 4 North Cascades Tai Chi	10 AARP Taxes 10 Exercise 12 LUNCH 12:45 Pinochle  6:30 Fiddlers
26	27	28	29	30
9 Ceramics 10 AARP Taxes 10 Exercise 12 LUNCH 1 Free BP Checks 2 North Cascades Tai Chi	6:45 Toastmaster 8:30 Begin Line Dance 9:30 Crone Group 10 Yarn Craft 10 Hi Begin Line Dance 12 LUNCH 12:30 Dicey Divas Bunco Gals 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	9 Ceramics 9:30 PTSD for Vets 9:50 North Cascades Tai Chi 12 LUNCH 1 Watercolor 1 Ukulele class 1:30-3 Flowing Motion Exercise	9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge 12 EASTER LUNCHEON 4 North Cascades Tai Chi	10 AARP Taxes 10 Exercise 12 Birthday LUNCH 12:45 Pinochle

**EVENING MEETINGS AT MOUNT VERNON SENIOR CENTER**

AA	Weds 7pm		
AL Anon	Weds & Fri 7pm		
Blade Runners	Fri and Sun		
Dahlia Society Meeting	1 <sup>st</sup> Thurs 6:30pm		
Faceting	3 <sup>rd</sup> Sat 9am		
Highland Dancers	Wed 3pm		
MV Plant Society	1 <sup>st</sup> Tues 6:30pm		
Old Time Fiddlers	2 <sup>nd</sup> Fri 7 pm, 4 <sup>th</sup> Fri 6:30; 2nd Monday Lunch 11:30-12:30		
Pink Ladies AA Mtg	Tues 5-8		
Retired Foresters Meeting	4 <sup>th</sup> Thurs 7pm		
Round Dancing	Sun-Tues & Thurs 5-10pm		
Senior Center Tai Chi	Tues & Thurs 4:30-5:45pm		
Skagit Rock and Gem	1st Sat 10am		
Skagit Squares	Tues 7pm		
Skagit Squares	3 <sup>rd</sup> Sat 6:30pm	Skagit Writer's League	4 <sup>th</sup> Thurs 6:30pm
Sweet Adeline's	Mon 6:30pm	Toastmasters	Tues. 6:45am