

**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](http://www.skagitcounty.net/seniorcenters)

**Senior Center Coordinator**

Kristl Torset

[kristlt@co.skagit.wa.us](mailto:kristlt@co.skagit.wa.us)

**Nutrition Assistant**

Darlene Landdeck

[darlenel@co.skagit.wa.us](mailto: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** Line Dancing
- Page 3** Crafts & Hobbies, Exercise & Tai Chi, Are u Interested
- Page 4** Meetings
- Page 5** Classes, Evening Meetings
- Page 6** Calendar of Events
- Page 7** FYI, Games
- Page 8** Lunch Menu, Lunch Music, Birthdays



The Centers will be closed on Wednesday, July 4, 2018. There will be no Meals on Wheels that day.

**Farmers' Market Vouchers Available**

The Skagit County Senior Nutrition Program will receive a limited number of vouchers to hand out to Skagit County Seniors, age 60 years or older (55+ if Native American/Alaska Native), who meet certain income requirements. Each eligible person will receive \$40 to use at any approved Skagit County Farmer's Market or Farm Stores. Vouchers will be available at the follow locations:

**Senior Center locations:**

**Mount Vernon Senior Center-**

**Monday, July 16th from 12:30 to 1:30pm**

A monthly income requirements of \$1,872 or less for individuals and \$2,538 or less for couples, must be meet in order to be eligible. The vouchers are available on a first-come/first-served basis with one set available per person.

For more information, contact Renee Corcoran with Skagit County Public Health at 416-1511. *Please note – you must be willing to fill out paperwork with your contact information and sign an affidavit saying you are eligible.*



**VOLUNTEERS NEEDED  
FOR FAIR PARKING  
PARKING BY DONATION  
AUGUST 8—11, 2018  
SIGN UP SHEET ON  
HOSTESS DESK**

**SKAGIT COUNTY SENIOR NUTRITION  
LUNCH DONATIONS**

**SUGGESTED DONATION**

**FOR SENIORS 60 YEARS OF AGE AND OVER The Cost of Lunch is \$5**

**FOR THOSE INDIVIDUALS UNDER 60 The Cost of Lunch is \$7.**

Checks can be made payable to Skagit Nutrition Program.

NO CANADIAN CURRENCY



## July 28, 2018 – Line Dance Potluck – Fundraiser Mt. Vernon Senior Center

It's time again to come enjoy a wonderful day of Line Dancing – a bit of teaching with instructors from California to Canada and time to socialize with friends we haven't seen in a while. ALL levels welcome!!

- What:** Potluck Fund Raiser for the Mt. Vernon Senior Center  
50/50 Drawing and Raffle Drawings!!!!
- When:** Saturday July 28, 2018 - 9:00 AM – 3:00 PM ish...
- Where:** Mt. Vernon Senior Center  
1401 S Cleveland Street  
Mt. Vernon, WA 98273
- Suggested Donation:** \$10.00/pp

Fruit/Pastries/Coffee/Tea/Hot choc will be provided in the morning with a potluck for lunch. Please bring your favorite hot or cold dish to share. Dinnerware, napkins & cups & beverages will be provided.

Questions? Call Kathy VanLuven – 360-540-2378 or email – [imadancin@gmail.com](mailto:imadancin@gmail.com)

No need to register ahead – just show up and have fun!! We do a quick walk through of each dance so remember to bring your dance requests!



NO  
PARKING

LOADING &  
UNLOADING  
ONLY  
BEYOND THIS  
POINT

Attention Seniors & Visitors: No Parking between the pole & the Stop Sign on Hazel St. & Cleveland this is A loading/unloading for Dial A Ride. The sign is gone because someone keeps taking it. There are 2 Disabled parking space in front of the Center (on Cleveland) & 1 in the parking lot next to the trash bin. We would appreciate your cooperation in aiding our MOW drivers by not parking next to the back of the building so they can load & unload the bags of meals they are delivering. THANK YOU!!!!

## 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.

COLOR ME CALM Come enjoy a relaxing & creative afternoon of coloring beautiful printed designs. Join us every 2<sup>nd</sup> (July 13<sup>th</sup>) & 4<sup>th</sup> (July 27<sup>th</sup>) Fridays from 2-3:30pm. Colored pens, pencils, and designs will be provided if you don't have your own. You can learn coloring techniques and sources for materials. Join us for an afternoon of fun. For more information, call Elizabeth Jacobs at 360-299-2901.

## 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.**

## ARE YOU INTERESTED

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

1. **WOODCARVING:** A 3 hour Beginner Wood Carving Class with Rod Randles 425-422-8833
2. **GAMES:** Playing Mexican Train, Hand & Foot, or something else.
3. **LEARNING SPANISH OR ENGLISH:** We have an instructor. If interested call Senior Center Office @ 360-416-1585.



## VOLUNTEERS NEEDED!!!

FOR KITCHEN AND MEALS ON WHEELS DELIVERY! PLEASE CONTACT DARLENE AT (360) 416-1585.

## MEETINGS



# Living With COPD

Day-to-day challenges of the patient and caregiver!

Looking forward to seeing and meeting new faces every **Monday, 1 to 2:00 PM (except Monday, July 16<sup>th</sup> at Noon)**, right here at the Mount Vernon Senior Center ! Whether you've just recently found yourself or a loved one confronted by the reality of a **BREATHING PROBLEM** or you have been struggling with it for some time now, you do not have to face it alone ! Come join us . . No Charge, it's **FREE** and certainly no obligation.

**CARING FOR SOMEONE WITH MEMORY LOSS? ALZHEIMER'S ASSOCIATION CAREGIVER SUPPORT GROUPS** provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Starting in April, 2018, a free information and support group for unpaid care partners, family members and friends will be held the

**3<sup>rd</sup> Wednesday of each month  
from 2:30 - 4:00 pm  
at Skagit Unitarian Universalist Fellowship,  
500 West Section St,  
Mount Vernon, WA 98273.**

For more information, contact group facilitator Cheryl McRill at (360) 899-4643.

**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 2<sup>nd</sup> & 4<sup>th</sup> (**July 10<sup>th</sup> & July 24<sup>th</sup>**) 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 & Fingernail Care \$6. Donna and Lynn will be here on **Thursday, (July 12<sup>th</sup> & July 26<sup>th</sup>)** Phone the Office to make an appointment they **DO NOT accept WALK INS!** Please, remember to bring a towel for drying your feet.

**OLD TIME FIDDLERS** always meet the 2<sup>nd</sup> Friday (**July 13<sup>th</sup>**) and on the 4<sup>th</sup> Friday (**July 27<sup>th</sup>**) @ **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 here on the 2<sup>nd</sup> Monday (**July 9<sup>th</sup>**) to play during LUNCH.

**SVWG Spinner's Group** will meet every month on the 3<sup>rd</sup> Monday (**July 16<sup>th</sup>**) @ **9:30am** unless otherwise posted. We're officially affiliated with the Skagit Valley Weavers' Guild -- **SVWG** -- <http://skagitvalleyweaversguild.org/>

**VALLEY MAD HATTERS** is a registered chapter of the Red Hat Society. We will be gathering on the second Tuesday (**July 10<sup>th</sup>**) @ **11am** for our monthly business gathering at the Center. Valley Mad Hatters are hosting a ***Bon Voyage Pot Luck Lunch*** @ 11am Tuesday (**July 17<sup>th</sup>**) @ **the Center** for our Vice Queen and the Center's Librarian Julie Rohweder. Julie & her husband will be visiting all 48 states over the next year in their 5th-wheel. If you would like to come wish her well, please, join us. Please, no chocolate of any kind, due to the fact Julie loves chocolate but can't have it for health reasons. 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.

# CLASSES

## July Downsizing

10 Reasons to Start Downsizing Today!

Lets get moving towards a better and healthier life...Come join us for an uplifting and supportive one-hour class that deals with the basics of downsizing, the emotional components of downsizing and a time of Q & A for Specifics you might be having going on at home.

Burlington Senior Center –July 9<sup>th</sup> at 12noon  
Sedro Woolley Senior Center July 17<sup>th</sup> at 11am  
Mount Vernon Senior Center- July 19<sup>th</sup> at 1pm

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

**“Very Beginner Computer Classes”** with Betsy “C” from the Mount Vernon City Library is on vacation until the Fall. Please, sign the sheet on the bulletin board outside the office to sign up for the Fall Classes.

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

**Art Therapy Class**-Monday, July 2, 16, 30 at 1:00-4 PM, Class is free. Come learn how to make Beaded Healing Spirit Dolls and learn Spiritual Healing Painting. Instructor – Lisa Anna

**BIBLE STUDY** with Tom & Deanna Langley- Wednesdays from 1-2pm -We hope you will consider joining us for discussion and fellowship For more information contact Tom Langley at 309-242-3959 or o.thomas.langley@gmail.com.

## 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	Pink Ladies AA Mtg	Tues 5-8
Old Time Fiddlers	2 <sup>nd</sup> Fri 7 pm, 4 <sup>th</sup> Fri 6:30; 2nd	Monday Lunch 11:30-12:30	
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 Squares	Tues 7pm
Skagit Rock and Gem	1st Sat 10am	Skagit Writer’s League	4 <sup>th</sup> Thurs 6:30pm
Skagit Squares	3 <sup>rd</sup> Sat 6:30pm	Toastmasters	Tues. 6:45am
Sweet Adeline’s	Mon 6:30pm		



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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>9 Ceramics</b> <b>10 Exercise</b> <b>12 LUNCH</b> 1 Free BP Checks <b>1 COPD</b> <b>1 Art Therapy Class</b> <b>2 North Cascades Tai Chi</b>	6:45 Toastmaster <b>8:30 Begin Line Dance</b> <b>10 Yarn Craft</b> <b>10 Hi Begin Line Dance</b> <b>12 LUNCH</b> 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers		<b>9 Tai Chi Level I</b> <b>10 Clog Dancing</b> <b>11:30 Duplicate Bridge</b> <b>12 LUNCH</b> <b>4 North Cascades Tai Chi</b>	<b>10 Exercise</b> <b>12 LUNCH</b> <b>12:45 Pinochle</b>
9	10	11	12	13
<b>9 Ceramics</b> <b>10 Exercise</b> <b>10 Sizzlin Shakers Bunco</b> <b>11:15 LUNCH music by Old Time Fiddlers</b> 1 Free BP Checks <b>1 COPD</b> <b>2 North Cascades Tai Chi</b>	6:45 Toastmaster <b>8:30 Begin Line Dance</b> <b>9:30 Crone Group</b> <b>10 Yarn Craft</b> <b>10 Hi Begin Line Dance</b> <b>11 Valley Mad Hatters</b> <b>12 LUNCH</b> 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	<b>9 Ceramics</b> <b>9:30 PTSD for Vets</b> <b>9:30 Advisory Board Mtg</b> <b>9:50 North Cascades Tai Chi</b> <b>12 LUNCH</b> <b>1 BIBLE STUDY</b> <b>1 Watercolor</b> <b>1 Ukulele class</b> <b>1:30-3 Flowing Motion Exercise</b>	<b>8:30 Footcare</b> <b>9 Tai Chi Level I</b> <b>10 Clog Dancing</b> <b>11:30 Duplicate Bridge</b> <b>12 LUNCH</b> <b>4 North Cascades Tai Chi</b>	<b>10 Exercise</b> <b>12 LUNCH</b> <b>12:45 Pinochle</b> <b>2-3:30 Color Me Calm</b>  <b>6:30 Fiddlers</b>
16	17	18	19	20
<b>9 Ceramics</b> <b>9:30-Noon SVWG Spinners</b> <b>10 Exercise</b> <b>12 LUNCH</b> <b>12 COPD</b> <b>12:30 Dicey Dames Bunco</b> <b>12:30-1:30 Farmer's Market Vouchers</b> 1 Free BP Checks <b>1 Art Therapy Class</b> <b>2 North Cascades Tai Chi</b>	6:45 Toastmaster <b>8:30 Begin Line Dance</b> <b>10 Yarn Craft</b> <b>10 Hi Begin Line Dance</b> <b>11 Bon Voyage - Julie</b> <b>12 LUNCH</b> 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	<b>9 Ceramics</b> <b>9:50 North Cascades Tai Chi</b> <b>11:15 LUNCH music by the Hometowners</b> <b>1 BIBLE STUDY</b> <b>1 Watercolor</b> <b>1 Ukulele class</b> <b>1:30-3 Flowing Motion Exercise</b>	<b>9 Tai Chi Level I</b> <b>10 Clog Dancing</b> <b>11:30 Duplicate Bridge</b> <b>12 LUNCH</b> <b>1-2 DOWNSIZING Workshop</b> <b>1-4 Keiser Permanente</b> <b>4 North Cascades Tai Chi</b>	<b>10 Exercise</b> <b>12 LUNCH</b> <b>12:45 Pinochle</b>
23	24	25	26	27
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30	31			
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## FYI (for your information)

**ATTENTION SENIORS:** All Senior Centers are now under Skagit County Dept. 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 10-3; Tuesdays 10-2, 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 NEWS BY Julie Rohweder:** Our library is open daily as long as the center is open. Books, magazines, audios, videos, and jigsaw puzzles may be borrowed and returned at your leisure. The plastic bin on the table is for returning or donating any book, magazine, audio, video, or jigsaw puzzle. Our fiction books are alphabetically organized for Romances, Westerns, Fictional Stories, Large Print and a small section of Cooking and Health Books. We have a good variety of most books but could use more mysteries and novels. Please permit the person maintaining the library to shelve all items, this is so that the items can be noted as to when they arrived and properly shelved. This notation also permits us to determine how much use the item is receiving. Please feel free to add a piece or 2 to the on going puzzle being assembled on the table.

**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!!!!

**This is an email I got from Medicare & thought I would share...Mell Rose**

### Watch out for scams

Medicare will never call you uninvited and ask you to give us personal or private information to get your new Medicare Number and card. Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card.

If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call

**1-800-MEDICARE (1-800-633-4227).**

## GAMES

**Sizzlin Shakers** meet on the 2nd Monday (July 9<sup>th</sup>) @ 10am

**Dicey Dames** meet on the 3rd Monday (July 16<sup>th</sup>) @ 12:30pm

**Dicey Divas Bunco Gals** meet on the 4th Tuesday (July 24<sup>th</sup>) @ 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.

## JULY 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
2 Pesto Chicken served with a Spinach Salad	3 Navy Bean Soup served with ½ Turkey and Cheese Sandwich	4 Closed 	5 Fish in Cilantro Sauce served with a Corn Salad	6 Beef Tips w/ Mushroom Gravy served over Mashed Potatoes
9 French Dip Sandwich served with a Bean Salad	10 Deluxe Cheeseburger served with Blueberries	11 Pork Roast served with Mashed Potatoes	12 Chicken Parmesan served with Apple Crisp	13 Chef Salad served with Orange Sections
16 Fish Sandwich served with a Spring Greens Salad	17 Chicken Fried Steak served with Mashed Potatoes	18 Cheese Omelet served with a Sweet Potato Bake	19 Butternut Squash Lasagna served with a Pina Colada Dessert	20 Country Pork and Kraut served with a Soft Pretzel
23 Spaghetti w/ Meatballs served with a Caesar Salad	24 Malibu Chicken served with a Carrot Raisin Salad	25 Mac & Cheese w/ Kielbasa served with a Spinach Salad	26 Stuffed Pepper Cup served with Sea Foam Salad	27 Beef Pot Pie served with Birthday Cake
30 Oriental Chicken Salad served with a Cookie	31 Clam Chowder served with a Garden Salad			

\*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.

### LUNCH MUSIC for JULY @ 11:30

**Monday 16<sup>th</sup>**  
Old Time Fiddlers

**Wednesday, 18<sup>th</sup>**  
Hometowners

### JULY BIRTHDAYS

John Eidukas  
Pat Cain  
Margaret Harris  
Lyle Herbaugh  
Sue Farrar  
Noel Guthrie



Glen Rathvon  
Florence Koetje  
Stephen Mellott  
Sandra Frazier  
Terry Uridil

*\* New format\* I will only be listing the names of people who have birthdays in the current month not the dates. So if you want your name listed, please leave it in the office for me. Thanks, Mell Rose*



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<b>9 Ceramics</b> <b>10 Exercise</b> <b>12 LUNCH</b> 1 Free BP Checks <b>1 COPD</b> <b>2 North Cascades Tai Chi</b>	6:45 Toastmaster <b>8:30 Begin Line Dance</b> <b>9:30 Crone Group</b> <b>10 Yarn Craft</b> <b>10 Hi Begin Line Dance</b> <b>12 LUNCH</b> <b>12:30 Dicey Divas Bunco Gals</b> <b>1 Intermediate Line Dance</b> <b>1:15 Skagit Writers Night Writers</b> <b>2 Floral Design</b>	<b>9 Ceramics</b> <b>9:30 PTSD for Vets</b> <b>9:50 North Cascades Tai Chi</b> <b>12 LUNCH</b> <b>1 BIBLE STUDY</b> <b>1 Watercolor</b> <b>1 Ukulele class</b> <b>1:30-3 Flowing Motion Exercise</b>	<b>8:30 Footcare</b> <b>9 Tai Chi Level I</b> <b>10 Clog Dancing</b> <b>11:30 Duplicate Bridge</b> <b>12 LUNCH</b> <b>4 North Cascades Tai Chi</b>	<b>10 Exercise</b> <b>12 BIRTHDAY LUNCH</b> <b>12:45 Pinochle</b> <b>2-3:30 Color Me Calm</b>  <b>6:30 Fiddlers</b>
30	31			
<b>9 Ceramics</b> <b>10 Exercise</b> <b>12 LUNCH</b> 1 Free BP Checks <b>1 COPD</b> <b>1 Art Therapy Class</b> <b>2 North Cascades Tai Chi</b>	6:45 Toastmaster <b>8:30 Begin Line Dance</b> <b>10 Yarn Craft</b> <b>10 Hi Begin Line Dance</b> <b>12 LUNCH</b> <b>1 Intermediate Line Dance</b> <b>1:15 Skagit Writers Night Writers</b>		<b>COLOR CODE</b> <b>Crafts &amp; Hobbies</b> <b>Exercise, Tai &amp; Classes</b> <b>Meetings</b> <b>Classes</b> <b>Games</b> <b>New or Special</b>	