

**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.

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Every Morning Will Help You
Lose Weight, Evening Meetings



COMPUTER CLASS
THE 3RD THURSDAYS
FROM JUNE THUR NOVEMBER
10-11:30AM

Betsy Cherednik, Computer Instructor, from the Mount Vernon City Library will be offering free Computer Classes here at the Senior Center. There is a sign up sheet on the bulletin board outside the office.

CLASSES ON VACATION

PTSD for Vets (**returns Sept 13th**) along with Melissa Warner’s Tai Chi classes (**resumes Sept 1st**) and Camille Drottss’ Wednesday afternoon Tai Chi classes (**resumes Sept 6th**) will be on vacation for **July** and **August**; but will return in September.

Skagit Senior Day in the Park
August 17th
10:00 AM—1:30 PM
Maiben Park

1011 Greenleaf Ave. Burlington
Health Screenings, Product Demonstrations & more~
Entertainment: Dancing and music featuring
Marcia Kester and Skagit Cloggers.
This event is FREE to seniors and
lunch is provided to the first 500 seniors.

NO HOT LUNCH AT ANY OF THE SENIOR CENTERS

NEW CLASS!!!! Start date August 3rd
DRAWING AND PAINTING FROM LIFE

Learn to draw the clothed model and general creativity exercises with
Teacher Shilo Rives, BFA. All ages welcomed. Bring your own materials.

Mondays, Thursdays, and Fridays 2-4 pm

Sliding Scale fee Adults \$5-15 Children under 12 with parent \$2

Contact Shilo at : Call or text (360) 724-8536 or Email shilorives@gmail.com

ATTENTION SENIORS: NO PARKING between the pole & the
stop sign on Hazel St. & Cleveland this a loading/unloading zone. The
pole’s NO PARKING sign is gone because someone keeps taking it. There
is a

Disabled parking space in front of the Center (on Cleveland) & in the

VOLUNTEERS NEEDED!!!

THE CENTER IS IN NEED OF VOLUNTEERS FOR THE GIFT SHOP
ON MONDAY & TUESDAY AFTERNOONS AND ALL DAY ON
WEDNESDAYS. THE HOSTESS DESK ON MONDAYS, THURSDAYS
AND FRIDAYS 1-4. PLEASE CONTACT KRISTL AT (360) 416-1585.
FOR KITCHEN AND MEALS ON WHEELS DELIVERY! PLEASE
CONTACT DARLENE AT (360) 416-1585.

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! For more information on trips call Lea @ Anacortes Senior Activity Center @ (360) 293-7473.

Notes:

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

Second van may be available

Trip Leaders: Lauren Woodmansee and staff

Fee includes \$10.00 SCSC administration

Please check with the Office for upcoming trip information.

Boeing Future of Flight Tour and Museum of Flight Restoration Center

On **Wednesday, August 16**, travel to Paine Field in Everett for a guided tour of Boeing's "Future of Flight" exhibit. Learn about the company's historic past and witness the building of the next generation of flying machines. Then enjoy a no-host lunch along the Mukilteo waterfront. Choose from a variety of restaurants or pack a sack lunch and enjoy a picnic in Lighthouse Park. After lunch visit the Museum of Flight's Restoration Center where soon-to-be featured exhibits are being restored to their former glory. Note: the Boeing tour includes several staircases and approximately a half mile of walking.

Leave: **Anacortes at 8:30 a.m.**

Burlington at 9 a.m.

Return **at 5 p.m.**

at 4:30 p.m.

The cost is \$79.

Register by **Wednesday, August 9.**

ON GOING CLASSES

EXERCISE CLASS every Monday & Friday at 10 am

TAI CHI— We have 3 instructors, so check the calendar for times & days.

Tai Chi for Balance & Strength

Melissa Warner (on Vacation till Sept)

Tai Chi Level II

Camille Drotts

North Cascade Tai Chi

Larry Braniff

CHAIR YOGA—Simme will teach the chair yoga class on **Wednesdays, at 11—Noon**. This is a gentle yoga class seated on a chair or using the chair for support with standing poses. This class includes stretching, strengthening, balancing, smiling, meditation and breath work.

UKULELE FUN and SONG CIRCLE -Wednesdays at 1 pm

PTSD for VETS meet on the 2nd & 4th Wednesday of the month @ 9:30 am. (returns Sept 13th)

LINE DANCING— Every Tuesday

GAMES

"31" Gamers meet the 1st Monday (**August 7th**) @ 1 pm.

Sizzlin Shakers meet on the 2nd Monday (**August 14th**) @ 10am

Dacey Dames meet on the 3rd Monday (**August 21st**) @ 12:30pm

Dacey Divas Bunco Gals meet on the 4th Tuesday (**August 22nd**) @ 12:30pm.

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.

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

**MOUNT VERNON SENIOR CENTER (360) 416-1585
AUGUST 2017 EVENTS CALENDAR**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	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 11 Chair Yoga 12 LUNCH 1 Watercolor 1 Ukulele class	9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge 12 LUNCH 2-4 Drawing & Painting from Life	10 Exercise 12 LUNCH 12:45 Pinochle 2-4 Drawing & Painting from Life
7	8	9	10	11
9 Ceramics 10 "31" Gamers 10 Exercise 1 Free BP Checks 1:30 Tai Chi 2-4 Drawing & Painting from Life	6:45 Toastmaster 8:30 Begin Line Dance 9:30 Crone Group 10 Yarn Craft 10 Hi Begin Line Dance 11 Valley Mad Hatters 12 LUNCH 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	9 Ceramics 9:30 ADVISORY BOARD MTG 9:50 North Cascades Tai Chi 11 Chair Yoga 12 LUNCH 1 Watercolor 1 Ukulele class F A I R <-----	9 Tai Chi for Balance and Strength 10 Clog Dancing 11:30 Duplicate Bridge 12 LUNCH ----- > F A I R	10 Exercise 12 LUNCH 12:45 Pinochle 6:30 Old Time Fiddlers
14	15	16	17	18
9 Ceramics 10 Exercise 10 Sizzlin Shakers Bunco 11:15 LUNCH MUSIC BY THE OLD TIME FIDDLERS 12 LUNCH 1 Free BP Checks 1:30 Tai Chi 2-4 Drawing & Painting from Life	6:45 Toastmaster 8:30 Begin Line Dance 10 Yarn Craft 10 Hi Begin Line Dance 11 Valley Mad Hatters 12 LUNCH 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	9 Ceramics 9:50 North Cascades Tai Chi 11 Chair Yoga 11:15 Lunch Music by Hometowners 1 Watercolor 1 Ukulele class	9 Tai Chi for Balance and Strength 10-1:30 Senior Day n Park 10 Clog Dancing 10-11:30 Computer Class 11:30 Duplicate Bridge 10:30-1:30 Picnic in the Park (NO LUNCH SERVED) 2-4 Keiser Permanente (formerly Group Health) 2-4 Drawing & Painting from Life	10 Exercise 12 LUNCH 12:45 Pinochle 2-4 Drawing & Painting from Life
21	22	23	24	25
9 Spinners 9 Ceramics 10 Exercise 12 LUNCH 12:30 Dickey Dames 1 Free BP Checks 1:30 Tai Chi 2-4 Drawing & Painting from Life	6:45 Toastmaster 8:30 Begin Line Dance 9:30 Crone Group 10 Yarn Craft 10 Hi Begin Line Dance 12 LUNCH 12:30 Dickey Divas Bunco Gals 1 SCOA 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers 2 Floral Design	9 Ceramics 9:50 North Cascades Tai Chi 11 Chair Yoga 12 LUNCH 1 Watercolor 1 Ukulele class	8:30 Footcare 9 Tai Chi for Balance and Strength 10 Clog Dancing 11:30 Duplicate Bridge 12 LUNCH 2-4 Drawing & Painting from Life	10 Exercise 12 BIRTHDAY LUNCH Music by the CAMPOS 12:45 Pinochle 2-4 Drawing & Painting from Life 6:30 Old Time Fiddlers
28	29	30	31	
9 Ceramics 10 Exercise 12 LUNCH 1 Free BP Checks 1:30 Tai Chi 2-4 Drawing & Painting from Life	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 11 Chair Yoga 12 LUNCH 1 Watercolor 1 Ukulele class	8:30 Footcare 9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge 12 LUNCH 2-4 Drawing & Painting from Life	

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 (**August 8th & 22nd**) Tuesday at 9:30 AM. We do not charge dues, and membership is informal. Call Kristine Kuhns at 424-1251 for more information.

FOOTCARE CLINICS Footcare Cost \$24 & Nail Care \$6. Due to the Fair on August 10th Donna and Lynn will be here on **Thursday, (August 24th & 31st) NO WALK INS!** Please, remember to bring a towel for drying your feet.

OLD TIME FIDDLERS always meet the 2nd Friday (**August 11th**) and on the 4th Friday (**August 25th**) @ **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 (**August 14th**) from **11:30am—12:30pm**.

SVWA Spinner’s Group meet every month on the 3rd Monday (**August 21st**). For more information or questions please contact: Anna Hosick-Kalahan at bluemoonmama@earthlink.net or 360-420-0091

VALLEY MAD HATTERS We are a registered chapter of the **Red Hat Society**. We will be gathering at Senior Center on Tuesday (**August 8th**) **11am to 1:30pm** for our regular monthly business gathering and lunch at the Center. Tuesday (**August 25th**) **11am** our monthly lunch outing which will be decided on the 11th. If you would like to join us or have any questions about us you can phone Queen Mell Rose @ 360-899-8499 OR Vice-Queen Julie 360-421-3346 and our e-mail is ValleyMadHatters@yahoo.com.

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.

FYI (for your information)

DURABLE MEDICAL EQUIPMENT AND HEALTH SUPPLIES RESOURCE LIST

Martin Steiner, Sr. (Knights of Columbus) 1651 Josh Wilson Road 360-466-1967. Equipment available by appointment Tuesday & Thursday from 3-4 pm.

Rich Sundance (Disabled American Vets) 360-420-4046. Accepts used home health/medical equipment, will usually make arrangements to pick it up.

LOST & FOUND! Please, bring items that are missing an owner to our new Lost And Found box in the office; while there check the box if you are missing something!

ATTENTION Musicians: Interested in playing music on a regular basis? Contact **Al Carter** @ 360-399-1226 or by email tabooma@msn.com.

ATTENTION SENIORS: Value Village is now offering 30% off on all purchases made on Tuesdays for Seniors 55+. Happy Shopping, Seniors!!!!

Facebook account here is our (Mount Vernon Senior Center) link...come check out our page....
www.facebook.com/MountVernonSeniorCenter.

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.

COUPONS: If you use coupons come by the office and pick out the coupons you can use. The coupons are in baggies sorted by Month with the current month in the top drawer and the rest of the year in the second drawer.

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.

****Just a friendly reminder that the Senior Center does have a library for your convenience... We have books you can borrow, come in & help put a community puzzle together or just come in & watch some TV. The Library is open from 8am-3:30pm.**

AUGUST 2017 – 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 Teriyaki Chicken served with Steamed Rice and Ginger Cookies	2 Biscuits & Gravy served with Hash Browns and a Fruit Compote	3 Baja Fish Sticks w/ a Tortilla served with Jicama Salad	4 Bone-in Baked Chicken served with a Potato Medley
7 Corned Beef & Swiss served on a Pretzel Bun	8 Chicken, Broccoli and Rice served with a Strawberry Poke Cake	9 Lasagna served with a Caesar Salad and Garlic Bread	10 Shrimp Louie Salad served with a Berry Cobbler	11 Aztec Pork served with a Green Salad and a Cookie
14 Tuna Casserole served with a Bread Stick	15 Chicken Fettuccini Alfredo served with Garlic Bread	16 Mushroom & Swiss Burger served with a Banana S'mores	17 Senior Day in the Park Caesar Chicken Wrap served with Grapes and a Cookie No lunch service at: Burlington, Mount Vernon and Sedro Woolley Senior Centers	18 Turkey Meatloaf served with Mashed Potatoes & Gravy
21 Taco Salad served with Orange Sections	22 Home-style Chicken Bowl served with a Broccoli Salad	23 Salisbury Steak served with Mashed Potatoes and Gravy	24 ASAC Picnic in the Park Pulled Pork Sandwich served with Macaroni Salad	25 Greek Lentil Soup served with a ½ Egg Salad Sandwich
28 Turkey Cheddar Dip served with Jo Jo Potatoes	29 Swedish Chicken Casserole served with Pecan Squares	30 Ham & Swiss Pie served with Grapes	31 Cheese Ravioli Primavera served with Almond Bars	

*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 AUGUST @ 11:30

Monday 14th
Old Time Fiddlers

Wednesday, 16h
Hometowners

Friday, 25th
The Campos

AUGUST BIRTHDAYS

Conrad Peterson	1
Kathy MacNeill	3
Duane Shewmaker	4
Merilee Wheelhouse	10
Dee Camp	11



Elaine Huffstetter	14
Juanita Otis	14
Della Blanchard	18
Joan Herman	26
Demetra Karras	27

Doing These 3 Exact Things Every Morning Will Help You Lose Weight

Jenny Sugar

If losing weight and [getting healthier](#) are on your mind, here are three things you can (and should!) do early in the morning before eating breakfast to help reach your goals.

1. **Sip on this:** While drinking down a glass of water is a great way to detox the body and get your digestive juices flowing, if you go for [apple cider vinegar](#) (ACV) instead, you'll benefit from its [weight-loss and immunity-boosting powers](#). Studies have shown that ACV may help keep you from feeling hungry by slowing stomach emptying; it also lowers the glycemic index of high-carb foods like pasta, meaning it can help you feel fuller longer by slowing the release of glucose into your bloodstream.
2. **Move:** Exercising first thing in the morning has not only been shown to [boost metabolism](#) and burn more calories than those who exercise at other times, but it'll also improve your mood and inspire you to continue making healthy decisions throughout the day. Getting in your workout first thing in the morning also ensures that it won't get skipped. If you're not into doing a big workout on an empty stomach or you're short on time, just do a [quick energizing yoga session](#).
3. **Breathe in and relax:** Take at least 10 minutes for some [meditation](#), to sit and breathe, to relax the body, to calm the mind, and to visualize and [encourage mindful eating](#). Getting in the habit of meditating every morning can help you feel gratitude for the food you're about to eat, help you feel more satiated, and prevent overeating.

Did you know.....

The Skagit County Senior Nutrition Program is partially grant funded. This grant requires us to follow specific guidelines in order to receive the funds. Have you ever wondered why the meals are so big or why there is always rice or bread in every meal? Here are a few of the guidelines we must go by to get reimbursed for our meals.

Each meal is designed to provide/include:

- 1/3 of the recommended Daily Dietary Allowances for people over 60 years old
- The USDA Guidelines with regard to calories, protein, calcium source, and Vitamin C & A source
- Grains-2 servings per meal, must include either rice or a bread product
- Fruits/vegetables-3 servings per meal
- Meal or Protein Alternative- 2.5-3oz per meal
- Fats-1 serving per meal
- Desserts are not required but our wonderful staff in the kitchen want to give you a treat when they can. Their goal is that you will enjoy them 2-3 times per week.

We work with a very lean budget and try hard to provide homemade, satisfying meals that our clients will enjoy.

EVENING MEETINGS AT MOUNT VERNON SENIOR CENTER

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