

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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PLEASE NO PARKING IN THE NEW BUSINESS PARKING LOT ACROSS THE STREET

There will be no Rounds on Sundays from October 8th to November 5th and no Rounds on Thursdays from October 12th to November 2nd.

AARP Driver's Class will be December 7th and 8th from 9am to 1pm. Call or come by the office to sign up. The fee is \$15 for AARP members and \$20 for non-members. Space is limited so reserve your spot now!

MOUNT VERNON SCHOOL DISTRICT

124 E. Lawrence Street Mount Vernon, WA 98273 360-428-6110 Ext. 11420

AFTER SCHOOL SUPPORT CENTERS (OPENING OCTOBER 2ND)

CENTER OVERVIEW

We aim to help children achieve more during their educations and the support centers are available to all elementary aged students. The centers are open Monday thru Thursday all year long, with two tutors at each center as well as community volunteers. Each center has computers or Chromebooks to use for homework or other activities. Additionally, the children receive bilingual tutoring in reading, and math.

LOCATIONS

- 1. ARBOR PARK, located at 200 S. LaVenture Rd. Arbor Park Apartment Office. Open Monday-Thursday 3:50-5:50.
2. CLEVELAND CENTER, Located in the Senior Center. Open Monday-Thursday 4:00-6:00pm.
3. KULSHAN CREEK located in the Blue house behind LaVenture Middle School. Open Monday-Thursday, 4:30-6:30 pm.

HOW IT WORKS

The children bring their homework to the centers and the tutors assist them in completing it. After the homework is finished the children have the option to either play outside or participate in Khan Academy and/or Lexia. Both of which are computer based learning programs. Khan academy focuses on math and science, while Lexia focuses on reading. These programs are specifically tailored to each student and provide a unique learning opportunity for the student. Therefore, the programs provide students with independent learning and allows them to work at their own pace.

For more information Contact:

Ramsay Shannon, AmeriCorps Vista, MVSD Family Involvement Coordinator rshannon@mvsd320.org 360-428-6110 Ext 11420

FLOWING MOTION EXERCISE-

MONDAYS, FROM 12:30 TO 1:30 COST IS FREE (DONATIONS ARE WELCOME) FOR MORE INFORMATION CALL 360-336-9710 LEAVE A MESSAGE.

Exercise for ALL: "Take home" easy to learn movements to gain and become a better you!

- Balance, Strength, and Breathing through movement can be done standing or seated
Stretching through movement working on balance with deep relaxed breathing
Working at your own comfort level makes this do able for all participants

Gain:

- Stronger leg muscles, ankles, knees, core and balance
Relaxation through visualation
When practiced, you have the possibility of better sleep, digestion and joy in your daily life!

# YOU'RE INVITED

## 4TH ANNUAL HOLIDAY BAZAAR

1401 CLEVELAND AVE.  
MOUNT VERNON, WA

NOVEMBER 11, 2017

9AM - 3PM (SET-UP TIME 7AM)

FREE COFFEE & TEA FOR VENDORS  
(DONATIONS ACCEPTED)

FOOD WILL BE AVAILABLE FOR PURCHASE

ADVERTISING PROVIDED BY: COUNTY NEWS PAPERS, MONTHLY SENIOR  
CENTER NEWSLETTERS, CRAIGS LIST AND FACEBOOK

**PROCEEDS BENEFIT THE SKAGIT COUNTY MEALS  
ON WHEELS AND SENIOR PROGRAMS**



### ON GOING CLASSES

**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.

**COMPUTER CLASS-3RD THURSDAY** from June THROUGH 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.

**DRAWING & PAINTING FROM LIFE** Mondays & Fridays 2-4pm  
Learn to draw the clothed model and general creativity exercises with Teacher Shilo Rives, BFA. All ages welcomed. Bring your own materials.  
Contact Shilo by calling or texting 360-724-8536 or email shilorives@gmail.com  
Sliding Scale fee Adults \$5-\$15 Children under 12 with parent \$2

**DOWNSIZING WORKSHOP**-Every 3rd Thursday of the month @ 1pm. provided by Angie Bossarte, MSPM, Senior Advocate and Realtor. For more information call Angie @ 360-708-8673.

**EXERCISE CLASS** every Monday & Friday at 10 am

**FLOWING MOTION EXERCISE**- Mondays from 12:30 TO 1:30pm.

**LINE DANCING** — Every Tuesday

**PTSD for VETS** meet on the 2nd & 4th Wednesday (October 11th & 25th) of the month @ 9:30 am.

**TAI CHI**- We have 2 instructors, so check the calendar for times & days.

Tai Chi Level II

Camille Drotts

North Cascade Tai Chi

Larry Braniff

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

## FYI (for your information)

### VOLUNTEERS NEEDED!!!



THE CENTER IS IN NEED OF VOLUNTEERS FOR THE GIFT SHOP ON MONDAY & TUESDAY AFTERNOONS. 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.

**ATTENTION SENIORS:** NO PARKING between the pole & the stop sign on Hazel St. & Cleveland this a loading/unloading zone. The pole's LOADING 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.



### 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](mailto: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](http://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](http://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.

**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.

**GIFT SHOP:** Our Gift Shop is open Tuesdays 10-12, Wednesdays 10-1, Thursdays 10-2, and Fridays 10-3. If closed ask in Office & someone will open it for you.

### FIGHT STRESS WITH HEALTHY HABITS

1. **Slow Down.** Plan ahead and allow enough time to get the most important things done without having to rush.
2. **Snooze More.** Try to get six to eight hours of sleep each night. To fight insomnia, add mindfulness and activity.
3. **Let Worry Go.** The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.
4. **Laugh It Up.** Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.
5. **Get Connected.** A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.
6. **Get Organized.** Use "to do" lists to help you focus on your most important tasks, and take big projects one step at a time.
7. **Practice Giving Back.** Volunteer your time or spend time helping out a friend. Helping others helps you.
8. **Be Active Every Day.** Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.
9. **Give Up The Bad Habits.** Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.
10. **Lean Into Things You Can Change.** Make time to learn a new skill, work toward a goal, or to love & help others.

## 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 (**October 10th & 24th**) 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, (October 12th & 26th) NO WALK INS!** Please, remember to bring a towel for drying your feet.

**OLD TIME FIDDLERS** always meet the 2nd Friday (**October 13th**) and on the 4th Friday (**October 27th**) @ **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 (**October 9th**) from **11:30am—12:30pm**.

**SVWA Spinner’s Group** meet every month on the 3rd Monday (**October 16th**). For more information or questions please contact: Anna Hosick-Kalahan at [bluemoonma@earthlink.net](mailto:bluemoonma@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 (**October 10th**) **11am to 1:30pm** for our regular monthly business gathering and lunch. We will have lunch @ Sandy Tate’s Tuesday (**October 24th**) **11am**. 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](mailto:ValleyMadHatters@yahoo.com). We would like to welcome our newest member **Holly Archer** to our chapter.

**\*\*\*We are running a contest to find the best logo for our chapter. For more information contact Queen Mell Rose (360-899-8499) or Vice-Queen Julie. (360-421-2017). When our chapter votes on the logo they want to use, the winner will be notified by phone. Some information we want to be included in our logo: Valley Mad Hatters, Chapter 52015, Mount Vernon, WA and our Chapter Mascot is Betty Boop; we were established in 2005. You can turn your design either by dropping it off in the office Mondays or Fridays (8-12) OR you can email it to [ValleyMadHatters@yahoo.com](mailto:ValleyMadHatters@yahoo.com) until December 1st. Be sure to put your name & phone number so we can contact you. Thanks \*\*\***

## 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.

## GAMES

**“31” Gamers** meet the 1st Monday (**October 2nd**) @ 1 pm.

**Sizzlin Shakers** meet on the 2nd Monday (**October 9th**) @ 10am

**Dicey Dames** meet on the 3rd Monday (**October 16th**) @ 12:30pm

**Dicey Divas Bunco Gals** meet on the 4th Tuesday (**October 24th**) @ 12:30pm.

**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.

## 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.**

### Seattle FBI and Pike Place Market

On Wednesday, October 25, visit the Seattle office of the Federal Bureau of Investigation. Here you will enjoy a three-hour private tour of the facility and learn all about the latest technology used to catch the Bad Guys. Next, head over to Pike Place Market where you will have ample time to enjoy a no-host lunch at one of the many area restaurants and peruse some of the wonderful shops.

Leaves Anacortes @ 7:30AM

Returns @ 5:30PM

Costs: \$68

Leaves Burlington @ 8 AM

Returns @ 5PM

Register by: No later than Monday, Sept 25th

### Nifty and Thrifty Store Tour

On Wednesday, November 15, update your wardrobe, get a jump on the holidays and perhaps find a hidden treasure or two on the Nifty and Thrifty Tour. What's better way than bargain prices? Throughout the day you will visit several high-end consignment and thrift stores in the Seattle-metro area that offer value, selection, imports and more. From earrings and elves to everything else, there's sure to be something for everyone. Time will also be set aside for a delicious no-host lunch.

Leaves Anacortes @ 8AM

Returns @ 4:30PM

Costs: \$55

Leaves Burlington @ 8:30AM

Returns @ 4PM

Register by: Wednesday, Nov 8th

### Victoria B.C. Holiday Getaway

On Saturday, December 16, and Sunday, December 17, head to Victoria via van and ferry. Catch the Anacortes ferry to Sidney and stay in the heart of downtown at the Best Western Plus Carlton Plaza Hotel. You'll be within walking distance to countless shops, cafes and wonderful holiday attractions. On Saturday evening, visit Butchart Gardens, celebrating its 31<sup>st</sup> season of festive Christmas displays. On Sunday morning, explore the Inner Harbour before heading over to the Royal BC Museum to enjoy the exhibits as well as an IMAX movie. Enjoy a no-host lunch and perhaps stroll the harbour once more before departing for the Tsawwassen ferry home. The fee includes transportation, accommodations, and all advertised entry fees. It does not include meals or purchases. A complete supplies list and itinerary will be available from Recreation Without Borders: call (360) 766-7109. Proof of citizenship (current passport, DMV enhanced driver's license or NEXUS card) is required to cross the border.

Leaves Anacortes @ 7AM on Sat, Dec 16th

Leaves Burlington @ 6:30AM on Sat, Dec 16th

Costs: \$289 (double occupancy)

Returns @ 7:30PM on Sun, Dec 17th

Returns @ 7PM on Sun., Dec 17th

Register by: Monday, Nov. 10th



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
9 Ceramics 10 Exercise <b>12 LUNCH</b> 12:30-1:30 Flowing Motion Exercise <b>1 "31" Gamers</b> 1 Free BP Checks 2 North Cascades Tai Chi 2-4 Drawing & Painting from Life	6:45 Toastmaster 8:30 Begin Line Dance 10 Yarn Craft 10 Hi Begin Line Dance <b>12 LUNCH</b> 12-3 NARFE board mtg 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	9 Ceramics 9:50 North Cascades Tai Chi 11 Chair Yoga <b>12 LUNCH</b> 1 Watercolor 1 Ukulele class 1:30 Tai Chi	8:30 Footcare 9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge <b>12 Oktoberfest LUNCH</b> 2-4 Keiser Permanente 4 North Cascades Tai Chi	10 Exercise <b>12 LUNCH</b> 12:45 Pinochle 2-4 Drawing & Painting from Life
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9 Ceramics 10 Exercise <b>10 Sizzlin Shakers Bunco</b> <b>11:15 LUNCH MUSIC BY THE OLD TIME FIDDLERS</b> 12:30-1:30 Flowing Motion Exercise 1 Free BP Checks 2 North Cascades 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 <b>12 LUNCH</b> 12-3 NARFE regular mtg 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	9 Ceramics <b>9:30 ADVISORY BOARD MTG</b> 9:30 PTSD for Vets 9:50 North Cascades Tai Chi 11 Chair Yoga <b>12 LUNCH</b> 1 Watercolor 1 Ukulele class 1:30 Tai Chi	9 Tai Chi for Balance and Strength 10 Clog Dancing 11:30 Duplicate Bridge <b>12 LUNCH</b> 4 North Cascades Tai Chi	10 Exercise <b>12 LUNCH</b> 12:45 Pinochle 2-4 Drawing & Painting from Life  6:30 Old Time Fiddlers
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9 Ceramics 10 Exercise <b>12 LUNCH</b> 12:30-1:30 Flowing Motion Exercise <b>12:30 Dicey Dames</b> 1 Free BP Checks 2 North Cascades Tai Chi 2-4 Drawing & Painting from Life	6:45 Toastmaster 8:30 Begin Line Dance 10 Yarn Craft 10 Hi Begin Line Dance <b>12 LUNCH</b> <b>1 SCOA</b> 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	9 Ceramics 9:50 North Cascades Tai Chi 11 Chair Yoga <b>12 LUNCH</b> 1 Watercolor 1 Ukulele class <b>11:15 LUNCH Music by Hometowners</b> 1:30 Tai Chi	8:30 Footcare 9 Tai Chi for Balance and Strength 10 Clog Dancing 10-11:30 Computer Class 11:30 Duplicate Bridge <b>12 LUNCH</b> 2 DOWNSIZING Workshop 2-4 Keiser Permanente 4 North Cascades Tai Chi	10 Exercise <b>12 LUNCH</b> 12:45 Pinochle 2-4 Drawing & Painting from Life
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9 Ceramics 9:30 Spinners 10 Exercise <b>12 LUNCH</b> 12:30-1:30 Flowing Motion Exercise 1 Free BP Checks 2 North Cascades 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 <b>12 LUNCH</b> <b>12:30 Dicey Divas Bunco Gals</b> 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers 2 Floral Design	9 Ceramics 9:30 PTSD for Vets 9:50 North Cascades Tai Chi 11 Chair Yoga <b>12 LUNCH</b> 1 Watercolor 1 Ukulele class 1:30 Tai Chi	9 Tai Chi for Balance and Strength 10 Clog Dancing 10-11:30 Computer Class 11:30 Duplicate Bridge <b>12 LUNCH</b> 4 North Cascades Tai Chi	10 Exercise 11:45 <b>BIRTHDAY LUNCH Music by Damon Jones</b> 12:45 Pinochle 2-4 Drawing & Painting from Life  6:30 Old Time Fiddlers
<b>30</b>	<b>31</b>			
9 Ceramics 10 Exercise <b>12 LUNCH</b> 12:30-1:30 Flowing Motion Exercise 1 Free BP Checks 2 North Cascades Tai Chi 2-4 Drawing & Painting from Life	6:45 Toastmaster 8:30 Begin Line Dance 10 Yarn Craft 10 Hi Begin Line Dance <b>12 HALLOWEEN LUNCH</b> 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers			

**EVENING MEETINGS AT MOUNT VERNON SENIOR CENTER**

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

## OCTOBER 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
2 Deli Sandwich served with a Green Salad	3 Mac & Cheese w/ Bacon served with Grapes	4 Swiss Chicken and Stuffing served with Fruited Jello	5 <b>Oktoberfest Luncheon</b> German Sausage w/ Sauerkraut served with Peach Crisp	6 Butternut Squash Lasagna served with Garlic Bread
9 Hawaiian Chicken served with Rice Pilaf and a Cookie	10 Meatloaf served with Mashed Potatoes and Gravy	11 BBQ Pork Sandwich served with Macaroni Salad	12 Supreme Cobb Sal- ad served with Plums	13 Chicken Verde Casserole served with a Corn Salad
16 Pork Roast served with Mashed Potatoes and Gravy	17 Chicken Cacciatore served over Herbed Pasta	18 Mongolian Beef served with an Asian Salad	19 Pesto Chicken served with Tri-Colored Potatoes	20 Supreme Pizza Soup served with a Cookie
23 Taco Salad served with Cornbread	24 Pub Style Fish served with Jo Jo's and Broccoli Slaw	25 Stuffed Pepper Cups served with Sea Foam Salad	26 Apricot Glazed Pork Chops served with a Citrus Couscous	27 Swedish Meatballs served with Birthday Cake
30 Broccoli Cheddar Soup served with a ½ Tuna Sandwich	31 <b>Halloween Luncheon</b> Halloween Pasta and Zombie Brains served with a Choc- olate Cookie			

\*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 OCTOBER @ 11:30

Monday 9th  
**Old Time Fiddlers**

Wednesday, 18th  
**Hometowners**

Friday, 27th  
**Damon Jones**

### OCTOBER BIRTHDAYS

Ensue Puaa	3		Susan Faller	17
Jacque Peterson	3		Deb Hedberg	28
Ann Colleen Fuge	14		Les Miller	28
Claire Wagner	15		Bryan Baker	31

### From the Desk of Renee Corcoran

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.

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<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9 Ceramics 10 Exercise <b>12 LUNCH</b> 12:30-1:30 Flowing Motion Exercise <b>12:30 Dicey Dames</b> 1 Free BP Checks 2 North Cascades Tai Chi 2-4 Drawing & Painting from Life	6:45 Toastmaster 8:30 Begin Line Dance 10 Yarn Craft 10 Hi Begin Line Dance <b>12 LUNCH</b> <b>1 SCOA</b> 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers	9 Ceramics 9:50 North Cascades Tai Chi 11 Chair Yoga <b>12 LUNCH</b> 1 Watercolor 1 Ukulele class <b>11:15 LUNCH Music by Hometowners</b> 1:30 Tai Chi	8:30 Footcare 9 Tai Chi for Balance and Strength 10 Clog Dancing 10-11:30 Computer Class 11:30 Duplicate Bridge <b>12 LUNCH</b> 2 DOWNSIZING Workshop 2-4 Keiser Permanente 4 North Cascades Tai Chi	10 Exercise <b>12 LUNCH</b> 12:45 Pinochle 2-4 Drawing & Painting from Life
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9 Ceramics 9:30 Spinners 10 Exercise <b>12 LUNCH</b> 12:30-1:30 Flowing Motion Exercise 1 Free BP Checks 2 North Cascades 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 <b>12 LUNCH</b> <b>12:30 Dicey Divas Bunco Gals</b> 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers 2 Floral Design	9 Ceramics 9:30 PTSD for Vets 9:50 North Cascades Tai Chi 11 Chair Yoga <b>12 LUNCH</b> 1 Watercolor 1 Ukulele class 1:30 Tai Chi	9 Tai Chi for Balance and Strength 10 Clog Dancing 10-11:30 Computer Class 11:30 Duplicate Bridge <b>12 LUNCH</b> 4 North Cascades Tai Chi	10 Exercise <b>11:45 BIRTHDAY LUNCH Music by Damon Jones</b> 12:45 Pinochle 2-4 Drawing & Painting from Life  6:30 Old Time Fiddlers
<b>30</b>	<b>31</b>			
9 Ceramics 10 Exercise <b>12 LUNCH</b> 12:30-1:30 Flowing Motion Exercise 1 Free BP Checks 2 North Cascades Tai Chi 2-4 Drawing & Painting from Life	6:45 Toastmaster 8:30 Begin Line Dance 10 Yarn Craft 10 Hi Begin Line Dance <b>12 HALLOWEEN LUNCH</b> 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers			

## MOUNT VERNON SENIOR CENTER EVENING MEETINGS

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