

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** On Going Classes, Games
- Page 3** Evening Meetings, Craft & Hobbies, Trips
- Page 4** Meetings, FYI
- Page 5** Calendar of Events,
- Page 6** Lunch Menu, Lunch Music, Birthdays



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

The Senior Centers will be closed, **MONDAY, DECEMBER 25th** in observance of CHRISTMAS, NO MOW deliveries on Monday, December 25th.



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 \$17 for AARP members and \$20 for non-members. Space is limited so reserve your spot now!

ATTENTION SENIORS!!!! 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

*** SNOW DAY REMINDER***

When it is snowing phone the Center (360-415-8515) 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.



On behalf of Kristl, Darlene, and all the Volunteers here at the Senior Center, we would like to wish everyone a very safe & Merry Christmas!!

Join us for our **Annual Christmas Luncheon** with music by **The Esquires** on **December 14th**. The sign up sheet will be on the Hostess desk. Please be sure to sign up if you are planning on attending this special lunch.

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.



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.

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

FLOWING MOTION EXERCISE (Qigong) Mondays from 12:30 TO 1:30pm. 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!

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

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. **Wednesday 1:30PM Strength**-all leg, ankle & core muscles thru slow forward/backward/sideway movement. Learning to take this "new" mind/body awareness into our daily activities/lives.

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.

UKULELE FUN and SONG CIRCLE -Wednesdays at 1 pm

GAMES

"31" Gamers meet the 1st Monday (**December 4th**) @ 1 pm.

Sizzlin Shakers meet on the 2nd Monday (**not in December**) @ 10am

Dacey Dames meet on the 3rd Monday (**not in December**) @ 12:30pm

Dacey Divas Bunco Gals meet on the 4th Tuesday (**December 26th**) @ 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.



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.

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		
Old Time Fiddlers	2 nd Fri 7 pm, 4 th Fri 6:30; 2nd Monday Lunch 11:30-12:30		
Pink Ladies AA Mtg	Tues 5-8	Retired Foresters Meeting	4 th 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 rd Sat 6:30pm	Skagit Writer's League	4 th Thurs 6:30pm
Sweet Adeline's	Mon 6:30pm	Toastmasters	Tues. 6:45am

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! 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.

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 (**December 12**) Tuesday at 9:30 AM. We do not charge dues, and membership is informal. Call Kristine Kuhns at 424-1251 for more information. Crone will not be meeting the day after Christmas.

FOOTCARE CLINICS Footcare Cost \$24 & Nail Care \$6. Due to the Fair on August 10th Donna and Lynn will be here on **Thursday, (December 14th & 28th) NO WALK INS!** Please, remember to bring a towel for drying your feet.

OLD TIME FIDDLERS always meet the 2nd Friday (**December 8th**) and on the 4th Friday (**December 22nd**) @ **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 (**December 11th**) from **11:30am—12:30pm**.

SVWA Spinner’s Group meet every month on the 3rd Monday (**December 18th**). For more information or questions please contact: Anna Hosick-Kalahan at bluemoonma-ma@earthlink.net or 360-420-0091

VALLEY MAD HATTERS is a registered chapter of the **Red Hat Society**. **WE ARE ONLY GATHERING ONCE IN DECEMBER**. Tuesday (**December 5th**) 11am at Julie’s house. This will serve as our regular monthly business gathering and our Annual December Potluck lunch and gift exchange. If you would like to join us or have any questions about us you can e-mail us ValleyMadHatters@yahoo.com. **We wish Eva Parmer & Holly Archer a very Happy Birthday, December 21st. Valley Mad Hatters wish Kristl & everyone at the Senior Center a safe and Merry Christmas.**

FYI (for your information)

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 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.

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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				10 Exercise 12 LUNCH 12:45 Pinochle
4	5	6	7	8
9 Ceramics 10 Exercise 12 LUNCH 12:30-1:30 Flowing Motion Exercise 1 Free BP Checks 1 "31" Gamers 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 11 Chair Yoga 12 LUNCH 12 LUNCH 1 Watercolor 1 Ukulele class 1:30 Tai Chi with Ca- mille D	9-1 AARP Driving 9 Tai Chi for Balance and Strength 10 Clog Dancing 11:30 Duplicate Bridge 12 LUNCH 4 North Cascades Tai Chi	9-1 AARP Driving 10 Exercise 12 LUNCH 12:45 Pinochle
11	12	13	14	15
9 Ceramics 0 Exercise 11:15 LUNCH MUSIC BY THE OLD TIME FIDDLERS 12:30-1:30 Flowing Motion Exercise 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 1 SCOA 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 11 Chair Yoga 12 LUNCH Music by Ukulele Class 1 Watercolor 1 Ukulele class 1:30 Tai Chi with Ca- mille D	8:30 Footcare 9 Tai Chi for Balance and Strength 10 Clog Dancing 11:30 Duplicate Bridge 11:30-12:30 CHRISTMAS LUNCH Music by The Esquires 2 DOWNSIZING Workshop 4 North Cascades Tai Chi	10 Exercise 12 LUNCH 12:45 Pinochle
18	19	20	21	22
9 Ceramics 9:30 Spinners 10 Exercise 12 LUNCH 12:30-1:30 Flowing Motion Exercise 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 11 Chair Yoga 11:15 LUNCH Music by Hometowners 1 Watercolor 1 Ukulele class 1:30 Tai Chi with Ca- mille D	9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge 12 LUNCH 4 North Cascades Tai Chi	10 Exercise 12 LUNCH 12:45 Pinochle
25	26	27	28	29
<p>CLOSED</p>  <p>MERRY CHRISTMAS</p>	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 2 Floral Design	9 Ceramics 9:30 PTSD for Vets 9:50 North Cascades Tai Chi 11 Chair Yoga 12 LUNCH 12 LUNCH 1 Watercolor 1 Ukulele class 1:30 Tai Chi with Ca- mille D	8:30 Footcare 9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge 12 LUNCH 4 North Cascades Tai Chi	10 Exercise 11:15 BIRTHDAY LUNCH 12:45 Pinochle

DECEMBER 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 Sloppy Joes served with Tater Tots
4 Baja Fish Sticks served with Coleslaw	5 Hot Beef Sandwich served with Mashed Potatoes	6 Chicken Almond Casserole served with Apple Slices	7 Butternut Squash Lasagna served with Pears	8 Baked Ham served with Au Gratin Potatoes
11 Beef Stew served with Confetti Salad	12 Pork Tips & Gravy served with Garlic Bread	13 Asian Chicken Salad served with Mandarin Oranges	14 Christmas Dinner Prime Rib served with Garlic Mashed Potatoes and a Holiday Dessert	15 Pub Battered Fish served with Jo Jo's
18 Hawaiian Chicken Burger served with Onion Rings	19 Chili Cheese Baked Potato served with Corn Bread	20 Salisbury Steak served with Mashed Potatoes	21 Split Pea w/ Ham Soup served with a Cookie	22 Lemon Chicken served with a Fruit Salad
25 Closed 	26 Orange Chicken served with an Asian Salad	27 Country Pork & Kraut served with a Soft Pretzel	28 Chef Salad served with a Breadstick	29 Hamburger Gravy served with Mashed Potatoes 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.

LUNCH MUSIC for DECEMBER @ 11:30

Monday 11th
Old Time Fiddlers

Wednesday, 13th
Ukulele Class

Thursday, 14th
The Esquires

Wednesday, 20th
Hometowners

DECEMBER BIRTHDAYS

Arlene Clark	3
Ray Nelson	3
Gerda Herbaugh	4
Mary C. Good	5
Alice Rogers	7
Valerie Wiendorf	8



Eileen Bietler	13
Bev Winter	13
Jim Hobbs	18
Mary Kratzer	25
Rosie Rodriguez	27
Steve Burns	28