

## MAY 2019

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

#### Nutrition Assistant

Nickie McNulty  
[nmcnulty@co.skagit.wa.us](mailto:nmcnulty@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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## Mount Vernon Senior Center



Join us for our Annual Mother's Day Luncheon on **Thursday, May 9th** at noon. Sign up sheet on the Hostess Desk.

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The Senior Centers will be closed **Monday, May 27th** for Memorial Day. Be Safe!!!! Remember those who have gone before us!



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The results of the Pinochle Tournament held on April 26th will be in the June newsletter. Congrats to all the winners!!!

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**“Very Beginner Computer Classes”** with Betsy “C” from the Mount Vernon City Library is on the 1st & last Thursdays in May (2nd & 30th) & June (7th & 28th) from 10:00 –11:30 am. Class will be held even if NOT full!! If no one shows up, then no class!

## IMPORTANT DATES IN MAY

- May 2nd-Holocaust Remembrance Day
- May 2nd-National Day of Prayer
- May 5th-First of Ramadan Begins at Sundown
- May 9th-Mother's Day Luncheon**
- May 12th-Mother's Day
- May 18th--Armed Forces Day
- May 27th-Memorial Day

## 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 10-3, and Thursdays 10-2, and Fridays 1-3. If closed ask in Office & someone will open it for you. If you would like to volunteer in the Gift Shop see Kristl. If you would like to sell your homemade items in the Gift Shop see Kristl.

**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 everyone who have donated the bags which are being used for MOW frozen food, bread, food, books, etc.

**LIBRARY NEWS BY DICK & LOIS ANGLE:** Word has it that Julie will be back soon. We do hope she has enjoyed her vacation/trip. We have enjoyed maintaining the Library while she has been gone. Our shelves are overflowing! We have many books, mostly fiction. Come browse & borrow, return at your leisure.

**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!!!!

**\*\* The TV remote was lost or misplaced. Now the new one has to be checked out & RETURNED to Nickie in the kitchen. \*\***

## 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 1PM. 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.

## MAY BIRTHDAYS

Ev Logan	4
Doug Clark	5
Dave MacNeill	6
Dennis McDonald	11
Marlys Herman	13
Shelby Lamphier	14
Myrtle Syverson	16
Kay L. Leiding	18
Helen Herbaugh	18



Gerry Douglas	18
Lana Whisman	20
Camille Drotts	21
Tempe LaFlaur	22
Sue O'Connor	23
Savala Simpson	26
Ann Emerson	27
Shirley Jones	28

## MEETINGS

**LIVING AND COPING WITH COPD** meet every 2nd & 4th Mondays (**May 13th & closed the 27th**) 1 to 2 or so, local COPDers, their family, friends, and caregivers get together to share experiences and compare notes concerning COPD and related Chronic Conditions. Age, gender, politics, or religious convictions, etc. make no difference; join us! Contact Glen or Barbara @ 360-424-5668 or see on Facebook, Glen Hill.COPD or contact the Senior Center @ 360-416-1585.

**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 the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday, (**May 14th & 28th**) 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, (May 9th & 23rd)** 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 and 4<sup>th</sup> Friday (**May 10h & 24th**) @ **6:30pm**, public is welcome. If you play & would like to join, please, come play with the Old Time Fiddlers.

**SVWG SPINNER'S GROUP** will meet at the Senior Center on the 3rd Monday (**May 20th**) @ **9:30am** unless otherwise posted. We're officially affiliated with the Skagit Valley Weavers' Guild -- **SVWG** --<http://skagitvalleyweaversguild.org/>

**VALLEY MAD HATTERS** *Our next gathering will be at the Bridge -301 S. LaVenture Road (next to Life Care) Mount Vernon. Tuesday, May 14th @ 10:30am.* If you are interested in joining us, please call Queen Mell Rose @ 360-899-8499 or email [ValleyMadHatters@yahoo.com](mailto:ValleyMadHatters@yahoo.com).



**FLORAL DESIGN** meets second Tuesday (**May 14th**) of each month @ 2pm.

## GAMES

**Sizzlin Shakers** meet on the 2nd Monday (**May 13th**) @ 10am

**Dacey Dames** meet on the 3rd Monday (**May 20th**) @ 12:30pm

**Dacey Divas Bunco Gals** meet on the 4th Tuesday (**May 28th**) @ 12:30

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

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

**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.

**Want to play** Mexican Train or Cribbage? Come by the office and let us know.


## TRIPS THROUGH RECREATION WITHOUT BORDERS

Eric from Recreation without Borders will be at the Burlington Senior Center on the 1st and 3rd Thursday of EVERY MONTH from 12:30 to 2:30 to sign people up for trips in person. 360-766-7109 or [justin@recreationwithoutborders.com](mailto:justin@recreationwithoutborders.com).

# MOUNT VERNON SENIOR CENTER (360) 416-1585

## MAY 2019

### EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
		9 Ceramics 10 NCTC- Beg Sun Tai Chi 10 Spanish Class <b>12 LUNCH</b> 12:30-1:30 Ukulele Class 1:30 Ukulele- Beyond Beginning Strumming 1 Watercolor 1:30-3 Shiba Shi Class (Qigong)	9 Tai Chi Level I 10 Clog Dancing <b>10-11:30 Computer Class</b> 11:30 Duplicate Bridge <b>12 LUNCH</b> 1-3 Skagit Writers' League 4 - 4:30 NCTC Sun Sword 4:30-5:30 NCTC- Adv. Yang Tai Chi <b>10-3:30 Gift Shop Open</b>	10 Exercise <b>12 LUNCH</b> 12:45 Pinochle  1-3 Gift Shop Open
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
9 Ceramics 10 Exercise <b>12 LUNCH</b> 1 Free BP Checks 2-3:15 NCTC- Beg/Int Yang Tai Chi  <b>10-3:30 Gift Shop Open</b>	8:30 Begin Line Dance 9:30 Crone Group 10 Yarn Craft 10 Hi Begin Line Dance <b>12 LUNCH</b> 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers 2 Floral Design  <b>10-3:30 Gift Shop Open</b>	9 Ceramics 9:30 Advisory Board Mtg 10 NCTC-Beg Sun Tai Chi 10 Spanish Class 10:30 PTSD for Vets <b>12 LUNCH</b> 12:30-1:30 Ukulele Class 1:30 Ukulele- Beyond Beginning Strumming 1 Watercolor 1:30-3 Shiba Shi Class (Qigong)	8:30 Footcare 9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge <b>12 MOTHER'S DAY                      LUNCHEON</b> 1-3 Skagit Writers' League 4 - 4:30 NCTC-Sun Sword 4:30-5:30 NCTC-Adv. Yang Tai Chi <b>10-3:30 Gift Shop Open</b>	10 Exercise <b>12 LUNCH</b> 12:45 Pinochle  6:30 Fiddlers  <b>1-3 Gift Shop Open</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9 Ceramics 10 Exercise 10 Sizzlin Shakers Bunco <b>12 LUNCH</b> 1 COPD Support Group 1 Free BP Checks 2-3:15 NCTC- Beg/Int Yang Tai Chi  <b>10-3:30 Gift Shop Open</b>	8:30 Begin Line Dance 10 Yarn Craft 10 Hi Begin Line Dance <b>12 LUNCH</b> 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers  <b>10-3:30 Gift Shop Open</b>	9 Ceramics 10 NCTC- Beg Sun Tai Chi 10 Spanish Class <b>11:30 LUNCH MUSIC BY                      HOMETOWNERS</b> 12:30-1:30 Ukulele Class 1:30 Ukulele- Beyond Beginning Strumming 1 Watercolor 1:30-3 Shiba Shi Class (Qigong)	9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge <b>12 LUNCH</b> 1-2 DOWNSIZING Workshop 1-4 Keiser 4 - 4:30 NCTC-Sun Sword 4:30-5:30 NCTC- Adv. Yang Tai Chi <b>10-3:30 Gift Shop Open</b>	10 Exercise <b>12 LUNCH</b> 12:45 Pinochle  6:30 Fiddlers  <b>1-3 Gift Shop Open</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
9 Ceramics 10 Exercise <b>12 Lunch</b> 12:30 Dicey Dames Bunco 1 Free B/P checks 2-3:15 NCTC- Beg/Int. Yang Tai Chi  <b>10-3 Gift Shop Open</b>	8:30 Begin Line Dance 9:30 Crone Group 10 Yarn Craft 10 Hi Begin Line Dance <b>12 LUNCH</b> 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers  <b>10-3:30 Gift Shop Open</b>	9 Ceramics 10 NCTC-Beg Sun Tai Chi 10 Spanish Class 10:30 PTSD for Vets <b>12 LUNCH</b> 12:30-1:30 Ukulele Class 1:30 Ukulele- Beyond Beginning Strumming 1 Watercolor 1:30-3 Shiba Shi Class (Qigong)	8:30 Footcare 9 Tai Chi Level I 10 Clog Dancing 11:30 Duplicate Bridge <b>12 LUNCH</b> 1-3 Skagit Writers' League 4-4:30 NCTC- Sun Sword 4:30-5:30 NCTC-Adv. Yang Tai Chi <b>10-3:30 Gift Shop Open</b>	10 Exercise <b>12 LUNCH</b> 12:45 PINOCHLE  6:30 Fiddlers  <b>1-3 Gift Shop Open</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
	8:30 Begin Line Dance 10 Yarn Craft 10 Hi Begin Line Dance <b>12 LUNCH</b> 12:30 Dicey Divas Bunco Gals 1 Intermediate Line Dance 1:15 Skagit Writers Night Writers  <b>10-3:30 Gift Shop Open</b>	9 Ceramics 10 NCTC- Beg Sun Tai Chi 10 Spanish Class <b>12 LUNCH</b> 12:30-1:30 Ukulele Class 1:30 Ukulele- Beyond Beginning Strumming 1 Watercolor 1:30-3 Shiba Shi Class (Qigong)	9 Tai Chi Level I 10 Clog Dancing <b>10-11:30 Computer Class</b> 11:30 Duplicate Bridge <b>12 LUNCH</b> 1-3 Skagit Writers' League 1-4 Keiser 4 - 4:30 NCTC Sun Sword 4:30-5:30 NCTC- Adv. Yang Tai Chi <b>10-3:30 Gift Shop Open</b>	10 Exercise <b>12 LUNCH</b> 12:45 Pinochle  1-3 Gift Shop Open



## MAY 2019 – 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 Hungarian Goulash over Egg Noodles served with a Spinach Salad	2 Apricot Pork Chops served with Balsamic Red Cabbage	3 Turkey Pot Pie served with Apple Slices
6 Hamburger Gravy over Mashed Potatoes served with Blueberries	7 Sweet & Sour Chicken over Rice served with a Green Salad	8 Cabbage Roll Casserole served with a Creamy Cucumber Salad	9 <b>Mother's Day Luncheon</b> Chicken Cordon Blue served with Asparagus and a Berry Blintz Crepe	10 Broccoli Cheese Soup served with a ½ Deli Sandwich
13 Crab Cake w/ Tartar Sauce served with a Green Salad	14 Mushroom-Swiss Burger served with a Peach Crisp	15 Pork Roast served with Mashed Potatoes & Gravy	16 Beef Fajitas w/ Flour Tortillas served with Orange Slices	17 Mediterranean Chicken served with a Strawberry Pretzel Salad
20 Oriental Chicken Salad served with a Hawaiian Roll	21 Paella w/ Saffron Rice served with Pea Salad	22 Almond Chicken Casserole served with a Grape Salad	23 Manicotti w/ Marinara served with a Caesar Salad	24 Chili Relleno Casserole served with a Fruit Salsa
27 <b>Closed</b> <b>MEMORIAL DAY</b> 	28 Corned Beef & Swiss on a Pretzel Bun served with Sauerkraut	29 Biscuits & Gravy served with an Apple Beet Salad	30 Greek Fish Florentine served with a Cucumber Tomato Salad	31 Salisbury Steak 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.

## 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
Pink Ladies AA Mtg	Tues 5-8	Retired Foresters Meeting	4 <sup>th</sup> Thurs 7pm
Round Dancing	Sun-Tues & Thurs 5-10pm	Skagit Writer's League	4 <sup>th</sup> Thurs 6:30
Senior Center Tai Chi	Tues & Thurs 4:30-5	Skagit Rock and Gem	1st Sat 10am
Skagit Squares	Tues 7pm	Skagit Squares	3 <sup>rd</sup> Sat 6:30pm
Sweet Adeline's	Mon 6:30pm		

## CLASSES

**MAY DOWNSIZING... Helpful Strategies to Keep Your "Stuff" From Running Your Life** Let's get intentional about keeping the clutter at bay. We all know what happens when we let down our guard...it accumulates and takes over. By implementing proven strategies, we can stop the clutter at the door and begin to be more effective at dealing with the excess we have accumulated over the years. I have had many people tell me they "just can't get ahead of the problem," they struggle to make a dent with downsizing because their existing lifestyle enables the flow of new things often as fast as they can get rid of their old things. Let's take a closer look and make a change!

Burlington Senior Center	May 13 <sup>th</sup>	at 12:30pm
Sedro Woolley Senior Center	May 21 <sup>st</sup>	at 11am
<b>Mount Vernon Senior Center</b>	<b>May 16<sup>th</sup></b>	<b>at 1pm</b>

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

**UKULELE FUN and SONG CIRCLE** -Wednesdays at 12:45 pm

**Ukulele- Beyond Beginning Strumming**– Wednesdays at 1:30

## EXERCISE AND TAI CHI CLASSES

**SPANISH CLASS**-meets on Wednesdays, @ 10AM. The instructor is Lu Lorang. If you have any questions please call her @ 425-442-1032 or email her @ Loranglu88@gmail.com..

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

**Shiba Shi Class (Qigong)** (with Camille Drotts) **Wednesdays from 1:30-3pm**. Cost is free (donations are welcome) for more information call 360-440-3457 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** (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.

### North Cascades Tai Chi Schedule

**Monday 2-3:15** - Beg/Int. Yang Tai Chi

**Tuesday 4-5:30** - Int./Adv. Sun Tai Chi

**Wednesday: 10-11** -Beginning Sun Tai Chi\*

**Thursday 3:45-4:15** Sun Sword **4:15-5:15**; Adv. Yang Tai Chi

\*This class is for beginners or people who choose to stay at introductory level of Tai Chi, All other classes require instructor permission from Laoshi Larry.