



Sedro-Woolley Senior Center

"Where Aging is Living"

www.skagitcounty.net/seniorcenters

**AUGUST
2026**



The Senior Center and Nutrition Program are programs of Skagit County Public Health, in partnership with the City of Sedro-Woolley.

"Skagit Senior Day in the Park"

Thursday, Aug. 20th

10:00am to 1:30pm in Maiben Park, Burlington Senior Center

Skagit Senior Day in the Park is a free, community-focused event designed to bring older adults together for a day of connection, education, and fun.

- Live music by Marcia Kester and a dance floor to show off your best moves!
- Free bag lunch provided by local senior centers for the first 500 seniors.
- Health and safety resources, such as Stop the Bleed training, fall prevention, and stroke awareness.
- Over 50+ vendor booths offering information on housing, senior services, and community programs.
- Giveaways and fun swag from participating organizations.
- Mopars Unlimited Northwest Chapter car display.

Skagit Senior Day in the Park is an excellent opportunity for seniors to stay informed, active, and connected while enjoying a fun, supportive community environment.

Monday - Friday

8am - 4pm

715 Pacific St.

Sedro-Woolley

WA, 98284

360-855-1531

Fax 360-855-1056

FREE ~ Fiddle Tune Workshop offered by the Washington Old Time Fiddle Association District 4.

Friday August 14th. 4:00-6:00 at the M/V Sr. Ctr. ALL AGES WELCOME!

Please pass this opportunity on!

Thank you!

First hour, geared to newer fiddlers.

Tunes to be played slowly to learn. The second hour, tunes played up to speed. (or a speed that all are most comfortable with) ~~

THEN we JAM 6:30 - 9:00.

GOODIE / COFFEE BREAK AT 8:00!

SEE YOU THERE !!!

<https://wotfa.org/>

Questions call Dennis Ohern

360-421-4047



New TaiChi / Qigong Classes, TaiChi Fan Class

Tuesdays

at Sedro Woolley Senior Center

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**9:30 am- 10:30 am, Health Qigong
BaDuanJing,**

Taiji BaFaWuBu, Yang Style TaiChi 24

10:30 am (about 30-40 mins bonus class)

**Yang Style TaiChi Fan 18 Form.
(Welcome \$3 donations)**

Senior Center Coordinator

Ellen Schweigert

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Nutrition Assistant

Merrilee Komboukos

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The SW Senior Center does not discriminate against participants, clients, volunteers, or employees on the basis of race, color, creed, religion, orientation, gender, gender identity or expression, age or disabilities.

Center News...



Meet Scott!

Scott will be taking over the kitchen helm for Merrilee. Scott previously worked at the Burlington Central Kitchen and he knows the ropes. Scott will look forward to working with the volunteers to bring you lunch as you know it. Please give Scott a warm Woolley welcome, we know that he is looking forward to learning your names, hearing your stories and becoming a valued part of our senior center!

Your new senior center coordinator will be starting on August 2nd. The City of Sedro-Woolley is taking over the position. In the interim Kelli Perry from Public Health will fill in Mon-Thurs and Sue Russell will be on Fridays. Thank you ladies!

Beginning July 1, 2026 The Skagit Council on Aging (SCOA) (501c3) will assume operational responsibility for the **Skagit County Senior Nutrition Program**, maintaining uninterrupted services while positioning the program for long-term sustainability. SCOA proposes a six-month stabilization and assessment period to hold the current program model in place, evaluate costs and efficiencies, and collaboratively design a more sustainable operating model for 2027 and beyond.

***Thank you to all for your hard work on this!**



Download the newsletter with this QR code, and get right to it on your phone or tablet.

Aging and Disability Resources

(360) 428-1301

Resource information about in-home care, medical insurance, housing, financial resources, caregiver support and other local resources.

Zumba!

FREE Fitness Classes!
Zumba, ZGold, & Mixxed-Fit!



Amy, & Maggie have more than 30 years combined experience teaching group fitness classes. They are bringing that passion to you for free - ALL fitness levels welcome!

Zumba is Latin dance inspired fitness, ZGold has additional modifications for beginners, seniors, & those with limited range of motion, & MixxedFit combines explosive dance movements with bodyweight toning. We would love to see you!

Monday—Zumba with Dawn @ 5:00pm

Thursday - Zumba/Gold with Amy @ 4:00pm

Friday - MixxedFit with Maggie @ 5:00pm

Ages 14-17 must be accompanied by adult; waiver form must be completed before participation.

Donations accepted

All classes held here!

Yoga for All Ages

"Yoga Practice, not Yoga Perfect"

Come practice yoga with certified instructor, Samantha Wright (E-RYT 200)

Samantha Wright teaches a vinyasa style yoga class, also known as "flow yoga." This style of yoga links breath to movement and provides a whole body workout. You will build strength, flexibility, stability, and make some new friends.

Monday 3:45 - 4:45

Friday 3:45 - 4:45



Wednesday 3:45 - 4:45

Kim Morgan's Yoga Class has a meditative emphasis on silence, oneness, and connectedness. In his yoga class he embraces the spiritual currents of life integrating the teachings of Lao Tzu. Kim graduated from Evergreen College in 1973 with a degree in Eastern Philosophy. Kim's meditation practice spans over 50 years.

Free

Pay it forward, donate to local non-profits.

3 12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 3:45 Yoga 5:00 Zumba	4 9:30 Tai Chi 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage	5 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Bingo 3:45 Yoga	6 9:30 Tai Chi 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 3:45 Zumba! 	7 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixxedfit
10 12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 3:45 Yoga 5:00 Zumba	11 <i>*Footcare by appointment</i> 9:30 Tai Chi 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage	12 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga	13 9:30 Tai Chi 11:30 Paul Denning Music 12:00—1:00 Lunch 1:00 Reflexology Appointments 	14 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixxedfit
17 12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 1:30 Advisory Board Mtg. 3:45 Yoga 5:00 Zumba	18 <i>*Footcare by appointment</i> 9:30 Tai Chi 10:00 Pool Playing 12:00—1:00 Lunch Lunch 1:00 Cribbage	19 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Bingo 12-2 Community Action Table 3:45 Yoga	20 Center is open Senior Day in the Park—Maiben Park in Burlington 10am—1:30 pm *No lunch served here 9:30 Tai Chi 3:45 Zumba!	21 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixxedfit
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