



Sedro-Woolley Senior Center

“Where Aging is Living”

www.skagitcounty.net/seniorcenters

JUNE

2026

Skagit Council on Aging presents the fourth annual

Rhythm of Giving

fundraiser in support of the Meals on Wheels program serving Skagit Valley

JUNE

SATURDAY

20

5:30 PM

Saltbox Barn

17995 Fir Island Rd, Mount Vernon

*PURCHASE TICKETS OR
MAKE A CONTRIBUTION!*

Scan the QR code or visit
[marchformeals.org/fundraisers/
rhythm-of-giving](http://marchformeals.org/fundraisers/rhythm-of-giving)



*Dinner, drinks, and live
music for a cause,
featuring Chris Eger!*



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

Monday - Friday

8am - 4pm

715 Pacific St.

Sedro -Woolley

WA, 98284

360-855-1531

Fax 360-855-1056

Senior Center

Coordinator

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Nutrition Assistant

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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.

Boys & Girls Club ~ Volunteering with our organization is an opportunity to make a meaningful difference in the lives of youth ages 6-18 by helping create a safe, fun, and positive environment where every child can thrive. Our volunteers support programs that inspire academic success, healthy lifestyles, and good character & citizenship while helping bring our core values of Fun, Respect, Integrity, Community, and Acceptance to life each day. Whether you have a few hours to give or want to make a long-term impact, your time and support help build brighter futures for local youth. Visit our table at **11:30 on June 3rd** for more information!



Senior Center

“Flea Market”

Friday, June 5

9am -3pm

Saturday June 6

9am -2pm

Support your local senior center!

**New TaiChi / Qigong Classes,
TaiChi Fan Class
start on June 2nd
at Sedro Woolley Senior Center**



**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)

Center News...

As we step into June there are many activities to keep you busy and connected!

First up is a new **Tai Chi class** on Tuesdays with **Instructor-Guo Cheng** beginning at 9:30 am.

Find out about our local **Boys & Girls Clubs** in Skagit Valley on Wednesday June 3 at 11:30am.

Flea Market fun starts Friday at 9:00 am! Shop our sale both Friday and Saturday.

Wednesday Bingo is taking June and July off. Look for their return in August, Donna Backman and her team will be here for **Super Bingo** on June 23 at 1:00 pm. No cost to play!

The Old Time Fiddlers will be here on Thursday, June 18th to play for our **Fathers Day Luncheon**.

July 1st is the day that **Skagit Council on Aging** will take over the Meals on Wheels program and congregate lunch. There will be no changes to the program for the first six months. Please continue to support this essential service with donations and also think about attending the fundraiser outlined on the front page "**Rhythm of Giving**".

Ellen Schweigert, Senior Center Coordinator



"What is so Rare as a Day in June" by James Russell Lowell

*And what is so rare as a day in June?
Then, if ever, come perfect days;
Then Heaven tries the earth if it be in tune,
And over it softly her warm ear lays;
Whether we look, or whether we listen,
We hear life murmur, or see it glisten;
Every clod feels a stir of might,
An instinct within it that reaches and towers,
And, groping blindly above it for light,
Climbs to a soul in grass and flowers...*



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, & Mixed-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, & MixedFit 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 - MixedFit 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.



<p>1</p> <p>12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 3:45 Yoga 5:00 Zumba</p>	<p>2</p> <p>9:30 New <u>Tai Chi</u> class starts 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>3</p> <p>10:00 Pool Playing 11:30 Boys & Girls Club table 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>4</p> <p>9:30 Tai Chi 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 3:45 Zumba! </p>	<p>Flea Market Sale 5 11:00 Sign Language Class 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit</p>
<p>8</p> <p>12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 3:45 Yoga 5:00 Zumba</p>	<p>9</p> <p>*Footcare by appointment 9:30 Tai Chi 10:00 Pool Playing 11:00 Hospital Guild Mtg 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>10</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>11</p> <p>9:30 Tai Chi  11:30 Paul Denning Music 12:00—1:00 Lunch 1:00 Retired Employee Mtg. 1:00 Reflexology Appointments</p>	<p>12</p> <p>11:00 Sign Language Class 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit</p>
<p>15</p> <p>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</p>	<p>16</p> <p>9:30 Tai Chi 10:00 Pool Playing 12:00—1:00 Lunch Lunch 1:00 Cribbage</p>	<p>17</p> <p>12:00—1:00 Lunch 12-2pm Drop in Tech Help 12-2 Community Action Table 3:45 Yoga</p>	<p>18</p> <p>9:30 Tai Chi 11:30 Old Time Fiddlers Music  12:00—1:00 Lunch Fathers Day Lunch 3:45 Zumba!</p>	<p>19</p> <p>Closed for Juneteenth</p> 
<p>22</p> <p>12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 3:45 Yoga 5:00 Zumba</p>	<p>23</p> <p>9:30 Tai Chi 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage 1:00 SUPER BINGO</p>	<p>24</p> <p>10:00 Pool Playing 12:00 Odette Music 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>25</p> <p>9:30 Tai Chi 11:30 Hometowns Music 12:00—1:00 Lunch 1:00 Reflexology Appointments  3:45 Zumba!</p>	<p>26</p> <p>11:00 Sign Language Class 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit</p>
<p>29</p> <p>12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 3:45 Yoga 5:00 Zumba</p>	<p>30</p> <p>9:30 Tai Chi 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>Flea Market Sale June 5th June 6th</p>	<p>Blast From the Past June 5,6,7 Downtown Sedro-Woolley</p>	<p>June 2026 Sedro-Woolley Senior Center</p>