



Sedro-Woolley Senior Center

"Where Aging is Living"

www.skagitcounty.net/seniorcenters

FEBRUARY
2026

As you may or may not know we try to change the showcase display once a month. We love and appreciate anyone that will let us borrow an item or items you may have to help with the theme of the month. Below you will see what we will be doing for each month (we try to focus on vintage items) Please feel free to sign up on the appropriate sheet on the clipboard at the front desk. I will contact you when I need your item. You can also talk to me on Wednesday mornings at the front desk or text me with questions at 360-322-0040. Thank you, Beth Chatt McCurran.

Upcoming displays...

Marchsewing

April...fish

May...teapots, teacups, tea tins etc.

June...gardening

July...cooking

August...Western theme



Go Hawks!



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

Ellen Schweigert

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Nutrition Assistant

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VALENTINE LUNCHEON FRIDAY, FEBRUARY 13

Salmon Filet served with Roasted Potatoes

Valentine treats and fun! Bring a friend!



Center Closed &
no meal service on February 16th

Play **BINGO** on the 1st &
3rd Wednesdays
every month at 1:00 pm
Prizes and fun!

Additional ***SUPER BINGO***
on Tuesday, Feb.24th

OLD TIME Fiddle Tune

Workshop

Feb.13th

4:00 pm -6:00 pm at Mt.
Vernon Senior Center

1st. hour play slow
to learn. 2nd hour is a
bit faster
THEN JAM!

6:30pm - 9:00pm.

Goodie / coffee break at
8:00pm.

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...

February is traditionally the month of "love" and we would **love** to see you join us for lunch, music or an activity! If you are looking to make new friends, engage in activities, or access resources for your well-being, our **welcoming** senior center is the perfect place for you! We do not have membership fees and if you are age 60 or older lunch is a suggested donation of \$5 but not necessary to eat lunch with us.

Ellen Schweigert, Senior Center Coordinator



FEBRUARY

REFLECTIONS



Love doesn't have to be loud.

Stillness holds its own warmth.

You're allowed to need softness.

Growth continues under the surface.

Connection begins with presence.

Let care be your pace.

Gentle routines bring quiet strength.

Feelings ask to be listened to.

This month invites slow tending.

Tenderness is a form of power.

ITSALLYOUBOO.COM

AARP TAX HELP

Our FREE service operates through April 9, 2026, BY APPOINTMENT ONLY

Choose your Location Call for an Appointment Burlington (T/Th only) (360) 755-0102 Tuesday & Thursday 9 am - 3 pm Burlington Senior Center 1011 Greenleaf Ave Concrete (360) 708-9761

Wednesday 10 am - 2 pm East County Resource Centre 45770 W Main St 360-708-9761



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!

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>2</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 12:30 Pinochle 1:00 Haircuts 3:45 Yoga</p>	<p>3</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p> 	<p>4</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 BINGO 3:45 Yoga</p>	<p>5</p> <p>10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch</p> 	<p>6</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixxedfit</p>
<p>9</p> <p>12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 3:45 Yoga</p>	<p>10</p> <p>*Footcare by appointment 10:00 Pool Playing 11:00 Hospital Guild Mtg 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>11</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>12</p> <p>10:00 Pool Playing 11:30 Paul Denning Music 12:00—1:00 Lunch 3:45 Zumba!</p> 	<p>13</p> <p>12:00—1:00 Valentines Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixxedfit</p>
<p>16</p> <p>Closed for President's Day</p> 	<p>17</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>18</p> <p>12:00—1:00 Lunch 12-2pm Drop in Tech Help 12-2 Community Action Table 1:00 BINGO 3:45 Yoga</p>	<p>19</p> <p>10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 1:00 Crochet Hot Pad Class Part 1 3:45 Zumba!</p> 	<p>20</p> <p>12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixxedfit Zumba!</p>
<p>23</p> <p>12:00—1:00 Lunch 12-2pm Drop in Tech Help 12:30 Pinochle 1:00 Haircuts 3:45 Yoga</p>	<p>24</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage 1:00 Super Bingo</p>	<p>25</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>26</p> <p>10:00 Pool Playing 11:30 Homeowners Music 12:00—1:00 Lunch 1:00 Crochet Hot Pad Class Part 2 3:45 Zumba!</p> 	<p>27</p> <p>12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixxedfit Zumba!</p>
<p>February 2026</p> <p>Sedro-Woolley Senior Center</p>	<p>Calendar Activities are subject to change without notice. Cancellations happen due to weather related issues, sickness or emergencies. Please don't hesitate to call and check in with the reception desk when in doubt. Thank You!</p>	<p>Footcare is available on the 2nd Tuesday of the month. It is by appointment only, bring your own towel and payment of \$40 is by cash or check. Cash is preferable. D & L Services is compliant with all safety standards and has been our go to footcare for many years here. Book your appointment now with Lyn, your feet will be happy you did!</p>		