



# Sedro-Woolley Senior Center

"Where Aging is Living"

[www.skagitcounty.net/seniorcenters](http://www.skagitcounty.net/seniorcenters)

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...

March ....sewing

April...fish

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

June...gardening

July...cooking

August...Western theme



Go Hawks!

## 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.

**FEBRUARY  
2026**



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**

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...

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, & 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!

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.

<p>2</p> <p>10:00 Pool Playing 12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> 12:30 Pinochle <b>1:00 Haircuts</b> 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 <b>12-2pm Drop in Tech Help</b> <b>1:00 BINGO</b> 3:45 Yoga</p>	<p>5</p> <p>10:00 Pool Playing <b>11:30 Old Time Fiddlers Music</b> <b>12:00—1:00 Lunch</b> 3:45 Zumba!</p> 	<p>6</p> <p>10:00 Pool Playing 12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> <b>1:00 Watercolor Painting Circle</b> 3:45 Yoga 5:00 Mixxedfit</p>
<p>9</p> <p>12:00—1:00 Lunch 12:30 Pinochle <b>12-2pm Drop in Tech Help</b> <b>1:00 Haircuts</b> 3:45 Yoga</p>	<p>10</p> <p>*Footcare by appointment 10:00 Pool Playing <b>11:00 Hospital Guild Mtg</b> 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>11</p> <p>10:00 Pool Playing 12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> 3:45 Yoga</p>	<p>12</p> <p>10:00 Pool Playing <b>11:30 Paul Denning Music</b> 12:00—1:00 Lunch 3:45 Zumba!</p> 	<p>13</p> <p>12:00—1:00 <b>Valentines Lunch</b> <b>12-2pm Drop in Tech Help</b> <b>1:00 Watercolor Painting Circle</b> 3:45 Yoga 5:00 Mixxedfit</p>
<p>16</p> <p><b>Closed for President's Day</b></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 <b>12-2pm Drop in Tech Help</b> <b>12-2 Community Action Table</b> <b>1:00 BINGO</b> 3:45 Yoga</p>	<p>19</p> <p>10:00 Pool Playing <b>11:30 Old Time Fiddlers Music</b> 12:00—1:00 Lunch <b>1:00 Crochet Hot Pad Class Part 1</b> 3:45 Zumba!</p> 	<p>20</p> <p>12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> <b>1:00 Watercolor Painting Circle</b> 3:45 Yoga 5:00 Mixxedfit Zumba!</p>
<p>23</p> <p>12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> 12:30 Pinochle <b>1:00 Haircuts</b> <b>3:45 Yoga</b></p>	<p>24</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage <b>1:00 Super Bingo</b></p>	<p>25</p> <p>10:00 Pool Playing 12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> 3:45 Yoga</p>	<p>26</p> <p>10:00 Pool Playing <b>11:30 Hometowners Music</b> 12:00—1:00 Lunch <b>1:00 Crochet Hot Pad Class Part 2</b> 3:45 Zumba!</p> 	<p>27</p> <p>12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> <b>1:00 Watercolor Painting Circle</b> 3:45 Yoga 5:00 Mixxedfit Zumba!</p>
<p><b>February 2026</b> 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><b>Footcare</b> 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 &amp; 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>	