



Sedro-Woolley Senior Center

"Where Aging is Living"

www.skagitcounty.net/seniorcenters

**JANUARY
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.

Hospice of the northwest



ADVANCE CARE PLANNING

Advance care planning ensures your goals, values and preferences are known, not only at the end of life, but if you become unable to communicate those desires due to illness or injury. Participants will learn about:

- Advance Directives
- Durable Power of Attorney for Health Care
- POLST (Portable Orders for Life-Sustaining Treatment)

All documents are provided free of charge.

Wednesday, January 28, 2026 at 1 p.m.

Sedro Woolley Senior Center • 715 Pacific St

AARP TAX FILING FOR 2025

Questions about the upcoming tax season?

AARP Tax Volunteer Sue Curtis will be here on

Thursday January 8

1:00 PM

2025 Tax Changes Explained and Upcoming 2026 Changes Discussed in this informative one hour meeting.

We had a festive holiday meal on Dec.18th!

Thank you to the many volunteers who did such a splendid job of making the day a memorable one!

Big thanks to Steve E. who brought the inflatable Santa!

Its always nice to see familiar faces along with the new friends also.

Thank you to all who made a monetary donation to the center or Meals on Wheels!

We appreciate **YOU!**



New year.
new month.
new beginning.
new mindset.
new focus.
new start.
new intentions.
new results.

Welcome January

Update on the **Skagit County Senior Nutrition Program**. The Commissioners have asked the Northwest Regional Council to find a new non profit provider for the senior nutrition program by July 1st, 2026. This change is intended to ensure the programs long term sustainability as costs rise and demand grows. There will be no changes to congregate meals (served in centers) to Meals on Wheels deliveries through June 30th, 2026. The County and NWRC will work closely with the new provider to ensure a smooth transition and continued service for local seniors. For more information, please pick up a flyer in the Center's lobby which has further details and information.

Center News...

Goodbye 2025 and hello 2026!

Merrilee and I are **grateful** for the continued support of all our center volunteers. Without all of you to help us throughout the month it would be very difficult to do what is needed for our community. Roughly that equates to approximately 700 hours a month of volunteer support! The value of a volunteer hour was \$34.79 in 2025, according to assessments by Independent Sector, in partnership with the Do Good Institute at the University of Maryland. So, that amounts to **\$24,353 a month** if we were giving out paychecks!

Merrilee had a leg surgery and is out for several weeks. She is healing nicely but in the meantime **Marjorie** has stepped up to sub for Merrilee in the kitchen.

Kathy W. our front desk volunteer won the **quilt** that we were selling tickets on. Congratulations Kathy! Thanks to all who bought tickets!

It's a new year and time to get organized! **AARP** volunteer Sue Curtis will be with us on the 8th to answer your questions about the **2025 tax year**. **Hospice of the Northwest** will present a workshop on "**Advance Care Planning**" on Jan.28th. There is a sign up sheet at the desk. Also, Ruth from the SWSD will be with us for information on the upcoming Renewal Levy for the Sedro-Woolley School District on January 23rd.

Happy New Year! Ellen Schweigert.

Senior Center Coordinator



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)

Enjoy a gentle vinyasa flow in a supportive, judgment-free environment.

Monday 3:45 - 4:45

Wednesday 3:45 - 4:45

Friday 3:45 - 4:45

Free

Pay it forward, donate to local non-profits.

Yoga mat encouraged, but not necessary



Ages 14-17 must be accompanied by adult

Yoga Student Waiver Form must be completed before participation.

Email for more information

samanthatara801@gmail.com



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| <p>January 2026</p> <p>Sedro-Woolley Senior Center</p> | <div> <div>Calendar</div> <div> 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! </div> </div> | | <p>1</p> <p>Center closed for New Years Day</p>  | <p>2</p> <p>*Center is open*</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 3:45 Yoga 5:00 Mixxedfit Zumba!</p> |
| <p>5</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>6</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p> | <p>7</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>8</p> <p>10:00 Pool Playing 11:30 Paul Denning Music 12:00—1:00 Lunch 1:00 AARP Tax Info 3:45 Zumba! </p> | <p>9</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 Zumba!</p> |
| <p>12</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</p> | <p>13</p> <p>*Footcare by appointment 10:00 Pool Playing 11:00 Hospital Guild Mtg 12:00—1:00 Lunch 1:00 Cribbage</p> | <p>14</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p> | <p>15</p> <p>10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch</p> | <p>16</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>19</p> <p>Closed for Martin Luther King jr. Day</p> | <p>20</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p> | <p>21</p> <p>12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 BINGO 3:45 Yoga</p> | <p>22</p> <p>10:00 Pool Playing 11:30 Hometowners Music 12:00—1:00 Lunch</p> | <p>23</p> <p>11:30 SWSD Levy Info 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>26</p> <p>12:00—1:00 Lunch 12-2pm Drop in Tech Help 12:30 Pinochle 1:00 Haircuts 3:45 Yoga</p> | <p>27</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p> | <p>28</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Hospice/Advance Care Planning 3:45 Yoga</p> | <p>29</p> <p>10:00 Pool Playing 12:00—1:00 Lunch</p> | <p>30</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> |