



Sedro-Woolley Senior Center

"Where Aging is Living"

www.skagitcounty.net/seniorcenters

**MAY
2025**

Farmers' Market Benefit Cards Available

Anacortes Senior Activity Center- Monday | May 19 | 12:30 - 1:30 PM

Burlington Senior Center- Friday | May 23 | 11:00 AM - 12:00 PM

Concrete Community Center- Tuesday | May 13 | 10:30 -11:30 AM

Mount Vernon Senior Center- Monday | May 12 | 11:00 AM - 12:00 PM

Sedro-Woolley Senior Center-Friday| May 16 | 11:00 AM - 12:00 PM

Cards will be available on a first come/first served basis. The Skagit County Senior Nutrition Program receives a limited number of cards for Skagit County seniors, age 60 years or older (55+ if Native American/Alaska Native), who meet certain income requirements. Each eligible person will receive up to \$80 to use at any approved Skagit County Farmers Market or Farm Store. Incomes must be below \$2,413 for individuals and \$3,261 for couples. You must be willing to fill out paperwork with your contact information and sign an affidavit saying you are eligible. For more information, contact Skagit County Public Health at (360) 416-1500.



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

eschweigert@co.skagit.wa.us

Nutrition Assistant

Merrilee Komboukos

merrilleek@co.skagit.wa.us

~ Mother's Day ~

Luncheon

Thursday, May 8th

Music by

Paul Denning

Chicken Cordon Bleu

Join us! 11:30 am

Senior Center

"Flea Market"

Friday, May 2

9am -3pm

Saturday

May 3

9am -2pm



Pinochle Players are welcome to join in the weekly games!

They are looking for more card players to
join the group

Mondays at 12:30pm -3pm.



Preferably knowledge of how to play the
game as this group has seasoned skills.



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...

Spring has fully arrived and we're excited to welcome **May** with a variety of activities and events. First up is our **center fundraiser** May 2 & 3. You never know what treasure you will come across! All proceeds directly help with senior center operation.

Join us for our **Mothers Day Luncheon** on May 8th, and listen to music by Paul Denning.

Our **reflexologist, Rom**, is back from his vacation and accepting appointments on the **2nd & 4th Thursday afternoons**. Call the center for your time slot! Your feet will thank you. Rom accepts donations for his wonderful service.

A big **THANK YOU** to the **City of Sedro-Woolley** for replacing the automatic door opening pads. They work consistently now!

Our fundraiser for **Meals on Wheels** on April 24th was a big success! Many thanks for those who supported this important program—more coming on the total raised!

Also a **BIG THANK YOU** to all the **volunteers** that keep this place humming along. Merrilee and I couldn't do it without you all!

Ellen Schweigert, Center Coordinator



"Mothers hold their children's hands for a short while, but their hearts forever." Happy Mother's Day!

Folks wishing to use a room at the senior center for a meeting or group activity during business hours should contact Ellen Schweigert at the Center
360-855-1531



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!



Dawn, 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)

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



<p>May 2025</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>Flea Market May 2 9-3 Saturday May 3 9-2</p> <p>SALE</p>	<p>1</p> <p>10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch  3:45 Zumba</p>	<p>2</p> <p>12:00—1:00 Lunch 1:00 Watercolor Painting Circle 12-2pm Drop in Tech Help 3:45 Yoga 5:00 Mixedfit Zumba!</p>
<p>5</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 3:45 Yoga 5:00 Zumba</p>	<p>6</p> <p>10:00 Pool Playing 2:00—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 3:45 Yoga</p>	<p>8</p> <p>10:00 Pool Playing 11:30 Paul Denning Music  12:00—1:00 Mothers Day Lunch 1:00 Ret. Public Employees Mtg. 2:00 Reflexology Appt. 3:45 No Zumba today</p>	<p>9</p> <p>12:00—1:00 Lunch 1:00 Watercolor Painting Circle 12-2pm Drop in Tech Help 3:45 Yoga 5:00 Mixedfit Zumba!</p>
<p>12</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 3:45 Yoga 5:00 Zumba</p>	<p>13</p> <p>*Footcare by Appointment All Day 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 1:00 Chatty Crafters 3:45 Zumba! </p>	<p>16</p> <p>12:00—1:00 Lunch 1:00 Watercolor Painting Circle 12-2pm Drop in Tech Help 3:45 Yoga 5:00 Mixedfit Zumba!</p>
<p>19</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 1:30 Advisory Board Mtg. 3:45 Yoga 5:00 Zumba</p>	<p>20</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>21</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>22</p> <p>10:00 Pool Playing 11:30 Hometowners 12:00—1:00 Lunch 2:00 Reflexology Appt. 3:45 Zumba! </p>	<p>23</p> <p>12:00—1:00 Lunch 1:00 Watercolor Painting Circle 12-2pm Drop in Tech Help 3:45 Yoga/5:00 Zumba 5:00 Mixedfit Zumba!</p>
<p>26</p> <p>Closed for Memorial Day</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 3:45 Yoga</p>	<p>29</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 3:45 Zumba</p>	<p>30</p> <p>12:00—1:00 Lunch 1:00 Watercolor Painting Circle 12-2pm Drop in Tech Help 3:45 Yoga/5:00 Zumba 5:00 Mixedfit Zumba!</p>