



Sedro-Woolley Senior Center

"Where Aging is Living"

www.skagitcounty.net/seniorcenters

MAY
2026

Mothers Day Luncheon

Thursday, May 7

~

Chicken Cordon Bleu

Caesar Salad

Chocolate Éclair

Please join us!

Farmers' Market

Benefit Cards

Sedro-Woolley Senior
Center- Tuesday

May 19

11:00 AM - 12:00 PM

If you cannot make this date
there are other days & times
at other locations to serve you.

Info at reception desk



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.

SALE

You can start thinking about our
upcoming flea market sale by doing
some spring cleaning! We don't
have much space to store items so
would appreciate you holding them
to bring in until the week of the
sale. Thanks so much for support-
ing the senior center with this fund-
raiser!

Senior Center

"Flea Market"

Friday, June 5

9am -3pm

Saturday June 6

9am -2pm

FREE ~ Fiddle Tune Workshop

offered by the

Washington Old Time Fiddle
Association District 4.

Friday May 8th. 4:00-6:00 at the M/V Sr.

**Ctr. ALL AGES WELCOME! Please pass
this opportunity on! Thank you!**

First hour, geared to newer fiddlers.

Tunes to be played slowly
to learn. The second hour, tunes played
up to speed. (or a speed
that all are most comfortable with) ~~

THEN we JAM 6:30 - 9:00.

GOODIE / COFFEE BREAK AT 8:00! SEE

YOU THERE !!! <https://>

**wotfa.org/ Questions call Dennis Ohern
360-421-4047**

Play **BINGO** on the

1st & 3rd

Wednesdays

every month at

1:00 pm

Prizes and fun!

Center News...

Mothers Day Luncheon is on May 7th! The Old Time Fiddlers will be playing on Wednesday instead of their usual 1st Thursday.

The Advisory Board has decided to hold its first **Flea Market** here in June. Please bring us your used clothing and household goods for the sale towards the end of May. We however don't except large furniture items, exercise equipment and most electronics. If you have a question about a donation please ask me! The date for this event will be **June 5 and 6 The sale will be Friday and Saturday 9am – 3pm Friday, and 9am—2pm Saturday. Spread the word!**

Ellen Schweigert, Senior Center Coordinator



"Where flowers bloom, so does hope." — Lady Bird Johnson



Make 2026 the Year You THRIVE

After a successful pilot in 2025, we're excited to share that we are currently recruiting for a Move, Nourish, and Thrive Rx program starting in May 2026! The program is designed for income-eligible adults age 55+ in Skagit who are at risk for or currently experiencing diet-related chronic illness, and who are ready to make positive lifestyle changes. **HOW DOES IT WORK?** Join UGH staff on May 14th here at 11:30 am to find out more about this program designed to promote healthy aging.



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 style="text-align: right;">4</p> <p>12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts <u>3:45 No Yoga today</u></p>	<p style="text-align: right;">5</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p style="text-align: right;">6</p> <p>10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 BINGO 🎵 3:45 Yoga</p>	<p style="text-align: right;">7</p> <p>9:30 Tai Chi 12:00—1:00 Mothers Day Luncheon 3:45 Zumba! </p>	<p style="text-align: right;">1/8</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 <i>(no yoga 5/1)</i> 5:00 Mixedfit</p>
<p style="text-align: right;">11</p> <p>12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 3:45 Yoga</p>	<p style="text-align: right;">12</p> <p>*Footcare by appointment 10:00 Pool Playing 11:00 Hospital Guild Mtg 12:00—1:00 Lunch 1:00 Cribbage</p>	<p style="text-align: right;">13</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p style="text-align: right;">14</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 style="text-align: right;">15</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 style="text-align: right;">18</p> <p>12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 3:45 Yoga</p>	<p style="text-align: right;">19</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage 1:00 SUPER BINGO</p>	<p style="text-align: right;">20</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 style="text-align: right;">21</p> <p>9:30 Tai Chi 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 3:45 Zumba! 🎵</p>	<p style="text-align: right;">22</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 style="text-align: right;">25</p> <p style="text-align: center;">Closed for Memorial Day</p> 	<p style="text-align: right;">26</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage 1:30 Advisory Board Mtg.</p>	<p style="text-align: right;">27</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 style="text-align: right;">28</p> <p>9:30 Tai Chi 11:30 Hometowners Music 12:00—1:00 Lunch 1:00 Reflexology Appointments 3:45 Zumba! 🎵</p>	<p style="text-align: right;">29</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>Farmers' Market Benefit Cards Available Sedro-Woolley Senior Center- Tuesday May 19 11:00 AM - 12:00 PM Cards are available on a first-come, first-served basis. The Skagit County Senior Nutrition Program has a limited number of cards for Skagit County seniors, age 60 years or older (55+ if Native American/Alaska Native), who meet income eligibility requirements. Eligible participants will receive up to \$80 to use at any approved Skagit County farmers market or farm store. Income must be below \$2,461 for individuals and \$3,337 for couples. Participants must complete required paperwork, including providing contact information and signing an affidavit confirming eligibility. For more information, contact Skagit County Public Health at (360) 416-1500.</p>				<p style="text-align: center;">May 2026 Sedro-Woolley Senior Center</p>