



Sedro-Woolley Senior Center

"Where Aging is Living"

www.skagitcounty.net/seniorcenters

**NOVEMBER
2025**



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.

~ Thanksgiving Luncheon ~ Thursday, Nov.20

**Turkey & Stuffing
Mashed Potatoes/gravy
Peas with baby onions
Festive Fall Salad
Potato Rolls
Pumpkin Dessert**

Invite a friend or two and join us!
Served 12-1pm



Medicare Open Enrollment begins Oct. 15th through December 7th 2025.

This is the time each year when Medicare beneficiaries are allowed to make changes in their Medicare Part D Prescription Drug plan or Part C Medicare Advantage plan. If you don't have either, this is the time you can add one. It is strongly advised that anyone on Medicare who takes prescription medications review their drug coverage each year during this period to ensure that you are getting the best coverage for your medications at the lowest cost. The plans change every year. You can't assume that the plan that worked well for you this year will still be your best option for 2026.

SHIBA is a free program of the Washington State Office of the Insurance Commissioner. SHIBA advisors do not sell anything and do not receive commissions for helping you sign up for a plan.

Reach SHIBA by calling 1-800-562-6900

**Have Christmas items to donate for our
Gramma's Attic sale? Bring them on in!
Sale is scheduled for November 14th
Christmas Items only please!**

Also, don't forget to shop the table! The senior center advisory board raises money throughout the year with these sales. The money is used to pay for entertainment, special events and office needs (copy machine lease and supplies for the center) and supports the kitchen with supplies also.

Skagit Transit Specialist here – November 14

Join in on **Friday, November 14**, during Grammas Attic Day! **Skagit Transit's** staff will be on-site from **11:30 AM to 1:00 PM** to share details for new riders and offer interactive programs. Here to guide you through everything you need to know about transit.

This is a great opportunity to:

- Ask questions about transit services
 - Learn how to ride and explore routes
- Discover helpful resources for your bus trips
Don't miss out— be at the Center and connect with the transit team!



**SKAGIT
TRANSIT**

The **December** showcase will feature **old toys**. If you have any and would be willing to let me use them for the month of December I would appreciate it. There will be a clipboard at the front desk to sign up for this.

Thank you in advance ~ Beth

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) o 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...

Gramma's Attic is scheduled this year for the **14th of November**. This is put on yearly by the SW Advisory Board to raise funds for the senior center needs. We are accepting donations of Christmas items only please and you can start bringing them in anytime. Thanks in advance!

We welcome the new folks joining us for lunch and we have some new volunteers also! We are so glad you are here. Whether you are looking for new activities or for a friendly chat, you've come to the right place! Our upcoming holiday meals are meant to be shared with neighbors and friends... **Thanksgiving Luncheon is November 20** here and **Christmas is December 18th**. No reservations are needed to attend. We hope to see you!

Ellen Schweigert.



Senior Center Coordinator



New Quilt Raffle!
Tickets available at the reception desk. Will be drawn at the Christmas Luncheon.



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



3 10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 3:45 Yoga	4 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage	5 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 BINGO *new* 3:45 Yoga	6 10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 3:45 Zumba 	7 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!
10 10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 3:45 Yoga	11 Closed for Veterans Day 	12 10:00 Pool Playing 11:00 Hospital Guild Mtg 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga	13 11:30 Paul Denning Music  12:00—1:00 Lunch 1:00 Reflexology Appt. 3:45 Zumba! Grammas Attic Sale Friday 11/14	14 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!
17 10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 1:30 Advisory Board Mtg	18 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage	19 10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 BINGO *new*	20 10:00 Pool Playing 12:00—1:00 Thanksgiving Luncheon 3:45 Zumba!	21 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixxedfit Zumba!
24 10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 3:45 Yoga	25 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage	26 10:00 Pool Playing 11:30 Hometowners 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Reflexology Appt.	27 Closed for Thanksgiving Holiday	28 
As we move into the time of year that weather events and power outages happen, please check to see if the senior center is open if there is any ques-	tions that it could be closed. Please call us or listen to your local radio station for updated information. Thx!		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!	November 2025 Sedro-Woolley Senior Center