



Sedro-Woolley Senior Center

“Where Aging is Living”

www.skagitcounty.net/seniorcenters

September 2017

September is National Senior Center Month!

Since its enactment in 1965 the Older Americans Act has promoted the establishment of multipurpose senior centers for older Americans. The modern senior center is said to trace its roots back to the early 1940s to the Hodson Center in New York City, which focused on meeting the needs of low-income seniors by providing nutrition and recreation. Today, in addition to providing recreation and nutrition, senior centers have evolved to become the focal point for comprehensive delivery of social services.

We wish to thank Skagit County and the City of Sedro-Woolley for their continued ongoing support for the senior community and their families in Sedro-Woolley!



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

Jennifer McDermott

jenniferm@co.skagit.wa.us

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.

“Flea Market Friday”

September 8th

9:00 am - 2:00 pm

Please plan to bring your saleable items in the week of the sale as we have limited storage. The money raised by these fundraisers is important to the senior center as it raises money to keep our copy machine, entertainment, and other small necessities funded. The Senior Center Advisory Board appreciates your donations and your shopping at the flea markets!

The Senior Center Advisory Board is a 501 (c)(3) non-profit

Sign ups are being accepted for the annual HOLIDAY BAZAAR held this year on Saturday, Nov. 4th Complete information is available at the reception desk.

Center News...

FLEA MARKET FRIDAY is scheduled for **Sept. 8th**. Bring in your clean, sale-able household items to the center that you wish to donate. If you have something larger to give, see me for a pick up. Shop the sale from 9am-2pm for some great deals! We did great last month thanks to your help and support!!! This will be our last sale until spring.

Senior Day in the Park was a big success again this year! 500 seniors enjoyed the day at Maiben Park in Burlington!

Mayor Waggoner will join us for lunch one day this month to give us some updates about what is new around town.

Sedro-Woolley will be throwing its first ever **Brewfest** to benefit Helping Hands Foodbank. Saturday, September 23 at 2pm. Early bird tickets are \$25. "Mama's Dirty Skirt" will be playing music for the event. Its at Hammer Heritage Square. Need a ticket? I can help, just give me a call.

Ellen Schweigert
Center Coordinator



At Senior Day in the Park Aug.17th



Ellen S., Kelli P., Jackie C., Kristl T. and Renee C.

Aging and Disability Resources

(360) 428-1301

Resource information about in-home care, medical insurance, housing, financial resources, caregiver support and other local community resources.

Volunteers Needed for Center!

We can't do it without you!

Please see Ellen or Jennifer for more specific info. Kitchen help is essential to serve Meals on Wheels clients and the folks that join us for lunch here. A few hours per day one time a week would help...

The Senior Nutrition Program of Skagit County would like to invite you for lunch!

If you are over age 60, meals are provided on a donation basis only.

The suggested donation is \$3.50 –\$5.50.

No one is ever denied a meal if they are unable to donate.

All donations are kept confidential.

If you are under 60, the meal is provided at a \$6.00 charge. Please pay the reception volunteer. Thanks!

Children aged 14 and under are \$2.50.

We would like to welcome you to join us Monday thru Friday for lunch.

If you are in need of weekend meals, we can provide you with 2 frozen meals to take home.

Contact the kitchen site manager or senior center coordinator for more information.

Ongoing Activities & Information

The **Old Time Fiddlers** will be here on Sept..7th. Put this event on your calendar for the first Thursday of every month normally. They begin playing at 11:45 am, and you can either come for lunch or just drop in to listen to music!

Group Exercise classes are offered on Tuesdays and Thursdays at 9:00 a.m. Currently this volunteer-led group is free of charge and open to all.

Foot care is offered on select Thursdays. These sessions fill up quickly so book your appointment well in advance. \$24 is the cost. You must bring your own towel.

Play Pinochle on Mondays at 12:45. \$2.00 gets you into the pot and there are refreshments served afterwards.

TOPS Weight Loss Group (Take Off Pounds Sensibly) To join, come in on Friday mornings starting at 8:30 am. Both men and women are welcome in this active group.



Celebrate **Blue Friday** during football season with us! We have a fun game to play at lunch to win prizes!!!

Craft Corner Come join us on Wednesday mornings. Bring your knitting, crocheting and other handiwork. Share your ideas with others.

Ceramic Firing/Creative Crafts meets on Tuesday mornings from 9 a.m. until 12 p.m. There is a monthly dues fee of \$5 to cover firing for ceramics. You can work on whatever you would like. Phyllis Queen is the group volunteer leader for ceramics and can help set you up with supplies if you need them. Other craft projects are decided by the participants.

Learn American Sign Language (ASL) on Friday mornings at 10:00 am

We will be learning ASL life skills together. Beginning with the alphabet and the numbers 1-20, along with introductions and common vocabulary. Help us build bridges that fill the gap of communication. We all have something to say, let's learn how to listen through sight. Classes are open, and there is no fee for anyone who wants to learn with us. For more information please

Music this month:



Old Time Fiddlers Sept. 7

Paul Denning Sept. 14

Jim Reynolds Sept. 22

Hometowners Sept. 28

Did you know.....

The **Skagit County Senior Nutrition Program** is partially grant funded. This grant requires us to follow specific guidelines in order to receive the funds. Have you ever wondered why the meals are so big or why there is always rice or bread in every meal? Here are a few of the guidelines we must go by to get reimbursed for our meals.

Each meal is designed to provide/include:

1/3 of the recommended Daily Dietary Allowances for people over 60 years old

The USDA Guidelines with regard to calories, protein, calcium source, and Vitamin C & A source

Grains-2 servings per meal, must include either rice or a bread product

Fruits/vegetables-3 servings per meal

Meal or Protein Alternative- 2.5-3oz per meal

Fats-1 serving per meal

Desserts are not required but our wonderful staff in the kitchen want to give you a treat when they can. Their goal is that you will enjoy them 2-3 times per week.

We work with a very lean budget and try hard to provide homemade, satisfying meals that our clients will enjoy.

For further information please contact Renee Corcoran at 360-416-1511

MEDICARE OPEN ENROLLMENT IS COMING.....

SHIBA (Statewide Health Insurance Benefits Advisors) and Senior Services of Snohomish County will hold Medicare information and open enrollment sessions at various locations throughout Skagit County, October through December. Volunteer counselors will be at Sedro-Woolley Senior Center on **October 23** to help you understand your Medicare coverage and compare health and prescription plans so you can make informed choices, as well as giving you a free, impartial review of your coverage. If you are considered low income, they will help determine your eligibility for extra help.

Appointments are required.

Call 1-800-422-2024 after October 1 to make an appointment. SHIBA is a free and unbiased service of the Office of the Insurance Commissioner.

Creative Crafts on Tuesday at 9 am

We have ideas, you have ideas. Let's work on these ideas together. Come join a group of people who love to be creative and let's create memories and master pieces together.



LEEBO THE

TARHEEL 90.1 FM

"Lunchbox Radio Hour"

Wednesdays at 12 noon

until 1 pm

Drop Lee Bo a fan letter

C/O KSVU

2405 East College Way

Mount Vernon, WA 98273



Book Chat

Tuesday, September 12

1:00 pm

This monthly program is an opportunity to discuss books. Come and meet like-minded folks and talk about your favorites in literature or learn about books that others have read. There will be no required reading, instead a discussion for the love of reading. Reading keeps your brain active and stimulates conversation.

