



Sedro-Woolley Senior Center

"Where Aging is Living"

www.skagitcounty.net/seniorcenters

**APRIL
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

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.

Rhythm of Giving

A fundraiser for Skagit County
Meals on Wheels

APRIL

THURSDAY

24

6:00 PM

Bertelsen Winery
20598 Starbird Road, Mount Vernon

*PURCHASE TICKETS OR
MAKE A CONTRIBUTION!*

Scan the QR code or visit
www.marchformeals.org/fundraisers



Reminder Alert! Start bringing your items for our first **Flea Market** May 2nd & 3rd We cannot except large electronics, exercise equipment and big furniture. Any questions about donations just ask! Thank you in advance!

Center News... Spring is here folks!

We are looking forward to our special **Easter** meal this month (April 17) and the gathering of items for our first **Flea Market** Sale in May!

We have exciting plans for summer also!

We will be celebrating our **40th Anniversary** here at Memorial Park on July 18th. Special musical guest and some delicious food also. More on that as we plan our event...

The planned fundraiser for **Meals on Wheels** "**Rhythm of Giving**" will be held again this year in April. It will be at Bertelsen Winery on April 24th, 6:00 pm. Chris Eger will provide the live music. You can purchase tickets to the event or make a contribution also at;

www.marchformeals.org/fundraisers

Ellen Schweigert, Center Coordinator



Happy Easter!!!

Central Skagit Library is thrilled to announce that blood pressure kits will soon be available for checkout as part of our Libraries with Heart initiative. Join Marisa from the American Heart Association at **1:00 on April 19th at the Central Skagit Library** to learn how to take your blood pressure and discover lifestyle changes to improve your heart health. The presentation will be followed by an opportunity to ask any questions about the kits that you might have.

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>April 2025</p> <p>Sedro-Woolley Senior Center</p>	<p>1</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p> <div data-bbox="431 315 685 457" style="border: 2px solid purple; padding: 5px;"> <p>See original Tulip Festival Art at the Local 20 Shop April 4th -12th 817 Metcalf St. SW</p> </div>	<p>2</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>3</p> <p>10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch  3:45 Zumba</p>	<p>4</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>7</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>8</p> <p>*Footcare by Appointment All Day 10:00 Pool Playing 11:00 Hospital Guild Mtg. 2:00—1:00 Lunch 1:00 Cribbage</p>	<p>9</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>10</p> <p>10:00 Pool Playing 11:30 Paul Denning Music 12:00—1:00 Lunch  1:00 Ret. Public Employees Mtg. 2:00 Reflexology Appt. 3:45 No Zumba today</p>	<p>11</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>14</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>15</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>16</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>17</p> <p>10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Easter Lunch 1:00 Chatty Crafters 3:45 Zumba! </p>	<p>Good Friday 18</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>Easter Monday 21</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>22</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>23</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>24</p> <p>10:00 Pool Playing 10:30 Skagit County Public Health Info 11:30 Hometowners 12:00—1:00 Lunch  2:00 Reflexology Appt. 3:45 Zumba!</p>	<p>25</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>28</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>29</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>30</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>		<div data-bbox="1269 1701 1513 2011" style="border: 1px solid black; padding: 10px;"> <p>Calendar</p> <p>Activities are subject to change without notice. Cancellations happen due to weather related issues, sickness or emergencies.</p> <p>Please don't hesitate to call and check in with the reception desk when in doubt. Thank You!</p> </div>