



Sedro-Woolley Senior Center

“Where Aging is Living”

www.skagitcounty.net/seniorcenters

November 2018

21st Annual Holiday Bazaar

Saturday

November 3rd

9 a.m.- 3 p.m.

Local crafters = great shopping!
Support the center and local crafts people!!



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



Join us for our **Thanksgiving Luncheon**

on

Thursday, November 15th

The traditional roasted turkey and all the trimmings! Served starting at noon.

Bring a friend or your neighbor!

AARP Smart Driver Class

November 8th

November 15th

9am—1pm

Must take both scheduled classes.

Complete information at reception desk 360-855-1531



Nov. 4

Fall back!

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...

Our 21st Annual **Holiday Bazaar** on Nov. 3rd will have a "Grandma's Attic" table filled with treasures to decorate your home. Or perhaps a small trinket to give as a gift. Stop by and shop it as all proceeds benefit the center. We are still accepting vendors for the bazaar. You can sign up at the reception desk. Tables can be secured by paying at the time of sign up. The table price is \$30.00 and we supply the table.

The **holiday season** is rapidly coming up! This is a wonderful time for family gatherings and good meals. We invite and encourage you to come to our holiday meals here at the Center and enjoy with your center family!

Thanksgiving November 15th
Christmas Luncheon December 20th

Ellen Schweigert
Center Coordinator



Veterans Day Celebration

Saturday, November 10th ~ 1pm to 3pm
@ Hillcrest Park Lodge located at 1717 South 13th Street, Mount Vernon, WA

Join us for coffee and refreshments at the Hillcrest Park Lodge in Mount Vernon as we hear from honored guest speakers and celebrate our veterans. All veterans, their families and friends, and all community members are encouraged and welcome to attend this event. Admission is free. For more information call Mount Vernon Parks and Enrichment Services at (360)336-6215.



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 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...

Sedro-Woolley Advisory Board

Meets the third Monday of the month at 1:30 pm
All welcome to attend

The Sedro-Woolley Senior Center Advisory Board advises the center coordinator and financially supports the center for many items. It holds 501(c)(3) status. Donations to the Sedro-Woolley Senior Center Advisory Board are tax deductible within the limits of the law.

If you are interested in planned giving (leaving money to the center in your will) please see Ellen. Another option is a bank debit that goes into the senior center account monthly. It could be any amount and all support is greatly appreciated.

The Advisory Board pays for the center copy machine, stamps, all the entertainment, coffee, creamer, Kleenex and any other thing we may need!

Ongoing Activities & Information

The **Old Time Fiddlers** will be here on November 1st. Put this event on your calendar for the first Thursday of every month. 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) Has decided to disband and will not be meeting on Friday mornings beginning in July.

Grumpy Old Men's Yoga (women welcome too)

Yoga every week!

Wednesdays 8:30 – 9:30 am

\$5 donation

Eddie the Uncommon Yogi

www.Balancedenergy.online

“Community Crafting” ~ Wednesday mornings are set aside for those who want to meet like minded folks to share skills and craft ideas. Come with a smile and enthusiasm for learning and sharing.

Creative Crafts meets on Tuesday mornings from 9 a.m. until 12 p.m. Craft projects are decided by the participants.

Ceramics/Creative Crafts 2 will begin meeting on Thursday mornings from 9 a.m. until 12 p.m. A monthly charge for firing ceramics will apply. You can work on whatever you would like. Phyllis Queen is the ceramic leader and can help with supplies if you need them. Joanne Gilbert will lead and help with the creative craft projects.

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.

Music this month:

Old Time Fiddlers Nov. 1

Paul Denning Nov. 8



Help Spread Some Joy This Holiday!

The Meals on Wheels program will be collecting Christmas gifts for clients who may not receive gifts during the holidays. There will be a Giving Tree at each Skagit County senior center. Please help us by giving a new, un-wrapped gift valued between \$5 and \$20. Take a tag off of the Giving Tree and attach it to your gift and leave it with the Senior Center Staff. If you prefer not to do the shopping, you may also leave a monetary donation. The deadline for dropping gifts off at the Center is Monday, December 10. Gifts will be distributed during the week of December 17. Here are some gift ideas:

- ♥ Flashlights, nightlights and candles
- ♥ Hand soap, lotion, hand towels
- ♥ Gift cards to local grocery stores
- ♥ Socks, slippers, hats, mittens and gloves
- ♥ Fleece throws or blankets
- ♥ 2019 calendars and mugs
- ♥ Clocks with large numbers

2018 Meals on Wheels Giving
Wreath
Info...



LEEBO THE TARHEEL 90.1 FM

"Lunchbox Radio Hour"

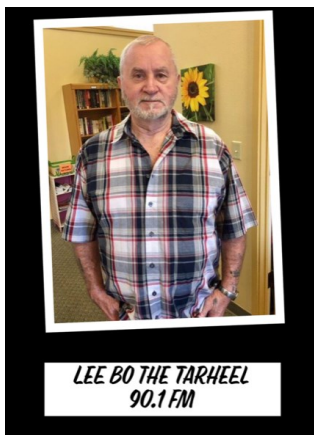
Wednesdays at 12 noon

until 1 pm. Drop Lee Bo a fan

letter C/O KSVU

2405 East College Way

Mount Vernon, WA 98273



Hospice 101

Tuesday, Nov.6th at 11:00 am

Join Hospice of the Northwest for an informative talk about Hospice. Learn everything you always wanted to know about this valuable resource for our community!



*** Alzheimer Caregiver Support Group ***

Monthly on the 2nd Thursday—November 8th at 2 pm

This informal support group is free and open to all and facilitated by Birchview Memory Care Community. Individuals and families who care for or live with persons suffering from memory loss or dementia symptoms are welcome to attend. **The group meets here at the senior center.**

For more information call Birchview at 360-856-1911

TOO MUCH STUFF???? Downsizing Class on Tuesday, November 20th at 11:00 am

Come and get motivated to start your downsizing journey! We will cover the basics on how to get started, techniques to maximize your effectiveness and a time for Q&A. The class was created to encourage and support you through your downsizing journey and will offer new information each month.

Class provided by Angie Bossarte, MSPM, Realtor and Senior Downsizing Advocate