



Sedro-Woolley Senior Center

www.skagitcounty.net/seniorcenters

July 2017



~ July is our Anniversary Month! ~

Celebrating 32 years in this location. The senior center started long before that in the late 70's up at Northern State. Then it migrated to the basement of the then "condemned" Central School. It was at that time in 1985 that an effort began to build a center devoted to seniors. With the continued support of Skagit County and the City of Sedro Woolley we continue to thrive and grow! ~ Thank you! ~



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

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Senior Center

Coordinator

Ellen Schweigert

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Nutrition Assistant

Jennifer McDermott

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**"Flea Market
Friday"
July 7th
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



Sedro Woolley's
4th of July
Celebration!

Loggerodeo

June 30th—July 4th



Don't miss the chainsaw carving, foot-race, log show, carnival, beard contest, kiddies parade, rodeo! Grand Parade Breakfast at the senior center on July 4th put on by and benefits the Sedro Woolley School Foundation 6:30 am — 10:30 am. Parade starts at 11:00 am.

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...

Here is some information about the gardens out in front of the senior center on State St. Originally planted in 2007 the lavender plants were our Farmers Market "crop". At that time the senior center was a member of the SW Farmers Market. We were selling lavender sachets along with other hand crafted items at the market weekly. The lavender was chosen for several reasons including the fact that it is a low maintenance plant requiring little water. The roses are landscape roses and Rosa rugosas, also chosen for their low upkeep needs. These plants and the others are listed as low allergen pollen gardening suggestions. Low allergy garden plants have one thing in common; they are insect pollinated plants which eliminates the wind-blown pollen which is what irritates most allergies.

We will be modifying the garden over the summer and fall to trim the roses back (they really do love that sunny site!) and to remove the lavender patch at the west end of the garden. The lavender on the east side will be refreshed.

Plans for the front entrance facing the park include: stand up planter boxes, bark mulch and a paved parking spot for the Meals on Wheels truck. There will also be a chain link fence added along the east property line to establish our Meals on Wheels parking area and define the senior center property.

Have a fabulous July celebration!

Ellen Schweigert
Center Coordinator



***Save the date for
"Senior Day in the Park"
August 17th at Maiben Park,
Burlington Senior Center
free lunch for seniors!**

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...
Desperate for Dishwashers!**

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 July 6th. 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 is a 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 To join, come in on Friday morning starting at 8:30 am. Both men and women are welcome in this active group.

Tai Chi - Eli Ramos is taking a hiatus from teaching Tai Chi at our center and Mount Vernon Senior Center. We wish him good health and safe travels. Also, many thanks for leading our group here.

Center is closed on July 4th
Have a great celebration!

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

Ceramics meets on Tuesday mornings from 9 a.m. until 12 p.m. There is a monthly dues fee of \$5 to cover firing and class supplies. You can work on whatever you would like. Phyllis Queen is the group volunteer leader and can help set you up with supplies if you need them.

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 call Sarah Gugle at 360-421-6262

Music this month:

Old Time Fiddlers July 6
Paul Denning July 13
Jim Reynolds July 21
Hometowners July 27

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

WOOLLEY FIBER QUILTERS ANNUAL QUILT SHOW

“BLAST OF BIRDS”

New dates!

JULY 14-15-16, 2017

Friday 10 -5 Saturday 10 - 5

Sunday 10 -4

New location!

Cascade Middle School

905 McGarigle Road

Sedro-Woolley

**250+ quilts, vendors, bed-turning,
demonstrations,**

Member boutique, and FUN!

Admission still only \$3.

www.woolleyfiberquilters.blogspot.com



Book Chat

Tuesday, July 11

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.



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

