



Sedro-Woolley Senior Center

"Where Aging is Living"

www.skagitcounty.net/seniorcenters

February 2018



Valentine's Day Lunch

Wednesday, February 14th

Shrimp Fettuccini Alfredo

Asparagus Cuts & Tips

Caesar Salad

Garlic Bread

Strawberry Shortcake



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

Jennifer McDermott

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Happy Valentine's Day,
February 14th!

Center is closed for
Presidents Day

Monday

February 19th

March for Meals 2018

Bowling Bash on Saturday

March 24th

Riverside Lanes

More info inside newsletter...



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...

The **March for Meals** this year will focus on the **Bowling Bash** which will be held in Mount Vernon this year. We are looking for sponsors for bowling teams and for prize donations for the bowling bash. All monies raised will go toward funding our **Meals on Wheels** program. See me for the opportunity to help. The date of the bowling bash is Saturday, March 24th.

A word about **lunch**—coffee is not included in the suggested donation base for lunch. We humbly ask that you consider a donation for coffee & tea also. This is a cost that the senior center assumes and relies on our fundraisers or donations to pay for.

Sedro-Woolley Police Officer Peirce will be here to give us the latest updates on scams circulating and how to protect yourself February 15th at 11:30 am.



Ellen Schweigert

Center Coordinator

Free in Person AARP Tax Preparation Service

AARP Tax Preparation Program has started on

Tuesdays from 10:00 am to 2:00 pm
and on some Saturdays at the
Burlington Senior Center
Appointments are necessary.

Please call the center to schedule yours

360-755-0102

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...

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 Jan. 4th 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.

Vison Board Class This class will be on Friday, February 19th after lunch at 1pm. Vision boards capture your personal dreams or goals and aim to visualize your upcoming year. We will have magazines to clip pictures from but start clipping pictures you would like to use and bring them. We also have glue sticks too. For more info see Ellen.

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 call Sarah Gule at 360-421-6262

Music this month:



Old Time Fiddlers Feb.1

Paul Denning Feb.8

Hometowners Feb.22

Basic Food Workshop

Need a little help with your food budget?

Join us on **February 13th** to learn about Basic Food and get help filling out an application! We will be meeting from **10:00am – 12:00pm at the Sedro Woolley Senior Center.**

Basic Food is a Washington State program that helps income eligible people buy groceries and provide a nutritious diet for their families.

Basic Food also:

Enrolls school-aged children in the Free School Lunch Program

Meets the Women, Infants, and Children income test

We look forward to seeing you there!

Hosted by United General District 304



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, February 13th

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.

*** Alzheimer Caregiver Support Group ***

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

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

Orcas Island and Lambiel Museum Tour

On Wednesday, February 29, travel via van and ferry to Orcas Island, the largest of the San Juan Islands. Thousands of artists have long been lured here by the island's bucolic charm and endless creative forces. First visit East Sound to explore the local shops, galleries, museum and enjoy a no-host lunch. Then tour the Lambiel Museum, a unique experience which includes the most extensive private collection of the finest, original artwork by the San Juan Islands artists from 1915 to present day. Owner Leo Lambiel will host this one-of-a-kind tour which includes over 270 pieces throughout various buildings, grottos and temples. Leave Anacortes at 10:30 a.m. and return at 6 p.m. Or leave from Burlington at 10 a.m. and return at 6:30 p.m. The cost is \$86. Register by Wednesday, February 21. Flyers with info on this and other trips at the reception desk.

MARCH FOR MEALS 2018



In 2017, **Meals on Wheels** served approximately 145,000 meals to over 3,150 Skagit County Seniors. Of those meals, 85,000 were delivered to homes. If you or someone you know is interested in receiving services from **Meals on Wheels**, please call (360) 416-1500.

The **Meals on Wheels** program relies on community support to be able to continue to offer this vital service and will soon begin its 14th Annual March for Meals campaign to raise funds and awareness of the need. March for Meals has several ways the community can provide support.

Bowling Bash – March 24

New for 2018, the Bowling Bash is to be at Riverside Lanes in Mount Vernon. This will lower costs and increase funds for Meals on Wheels, and its larger size provides opportunities to enhance the program for bowlers. Have fun while helping raise money for Meals on Wheels by sponsoring a team of four bowlers who will enjoy two games of bowling, food, refreshments and prizes! The team entry fee is \$250 and team members are encouraged to raise additional funds by asking for donations from family, friends and colleagues. Door prizes will be awarded throughout the event, in addition to prizes awarded to the top three fundraising teams! Don't have a team? No problem! Sponsor a team for \$250 and we will find deserving bowlers for you!

Wii Bowling Bash – March 14

Not a fan of standard bowling? Sponsor a Wii bowling team instead or join a team that has a sponsor. The Wii Bowling Bash will include the same fun and prizes as with the standard Bowling Bash event! Chandler's Square is this year's Wii Bowling Bash event.

March for Meals Donations

Local businesses, organizations and individuals can make donations and be recognized at the Anacortes Senior Activity Center at the following levels: Platinum - \$1,000, Gold - \$500, Silver - \$250, Bronze - \$100. Donations of any amount are welcome. In 2017, donations of under \$100 were made by 201 donors, contributing over \$7,000 to Meals on Wheels! Every dollar makes a difference in providing meals for local seniors.

Visit www.bowlingbash.org for more information on any of the March for Meals activities, or call Sally Hill at the Anacortes Senior Activity Center for more information (360) 293-7473.

