



Sedro-Woolley Senior Center

“Where Aging is Living”

www.skagitcounty.net/seniorcenters

June 2018



The Senior Center and Nutrition Program are programs of Skagit County Public Health, in partnership with the City of Sedro -Woolley.

Fathers Day Luncheon Thursday, June 14 at 12 pm

~ Pot Roast ~

Potatoes, Carrots & Onions
Roasted Brussel Sprouts
Caesar Salad
Garlic Bread

Apple Turnovers

Music by Paul Denning

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.

Farmers' Market Vouchers Available

The Skagit County Senior Nutrition Program will receive a limited number of vouchers to hand out to Skagit County Seniors, age 60 years or older, who meet certain income requirements. Each eligible person will receive \$40 to use at any approved Skagit County Farmer's Market.

Vouchers will be available at Sedro-Woolley Wednesday, June 6th from 10:30-11:30 pm

*You must meet the monthly income requirements of \$1,872 or less for individuals and \$2,538 or less for couples, in order to be eligible. The vouchers are available on a first-come/first-served basis with one set available per person.

For more information, contact Renee Corcoran with Skagit County Public Health at 416-1511. Please note - you must be willing to fill out paperwork with your contact information and sign an affidavit saying you are eligible.

“Flea Market Friday”

June 1st

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 fund our copy machine, entertainment, and other small necessities.

The Senior Center Advisory Board appreciates your donations and your shopping at the flea markets!

Center News...

Okay, its June already! And lots of different programs happening this month in addition to the regular activities. Plus, we have two holiday meals to enjoy...

Our very own Barb Wilson is utilizing the center for walking. You may see her before lunch doing her laps inside the center.

I encourage you to "Be Barb!" One lap is equal to 100 steps and Barb is up to 10 laps. She states doing this has completely helped with her breathing.

Ellen Schweigert



Center Coordinator

"All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood."

- Article I of the Universal Declaration of Human Rights

WOOLLEY FIBER QUILTERS ANNUAL QUILT SHOW

"SHADES OF THE NORTHWEST"

JULY 13-14-15, 2018

Friday 10-5 Saturday 10 - 5 Sunday 10-4

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



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 June 7th. 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 starting this month.

Library Cart—The Central Library will visit Every-other-Tuesday at 11am beginning on June 26th. Sara Harlan will share some new titles and some older, but great titles for your reading pleasure.



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.

Music this month:



Old Time Fiddlers June 7

Paul Denning June 14

Jim Reynolds June 15

Ed Ledbetter June 22

The Hometowners June 28

Senior Citizen and Disabled Persons

Exemption from Real Property Taxes

The Skagit County Assessor's office will be at the **Sedro-Woolley Senior Center on June 14th from 10:00 a.m. to 3:45 p.m.**

They help seniors and disabled citizens apply for a WA State Department of Revenue program that provides relief from some real property taxes for seniors and disabled citizens that meet the eligibility requirements. There is an exemption form that applicants need to fill out. Please bring all disposable income verification with you to the appointment.

The Assessor's office can be reached at **(360) 416-1780** for more information. For more information on all exemption programs from the WA State Department of Revenue see:

<http://dor.wa.gov/content/findtaxesandrates/propertytax/incentiveprograms.aspx> .

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, June 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.

***** Alzheimer Caregiver Support Group *****

Monthly on the 2nd Thursday—June 14th 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, June 19 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